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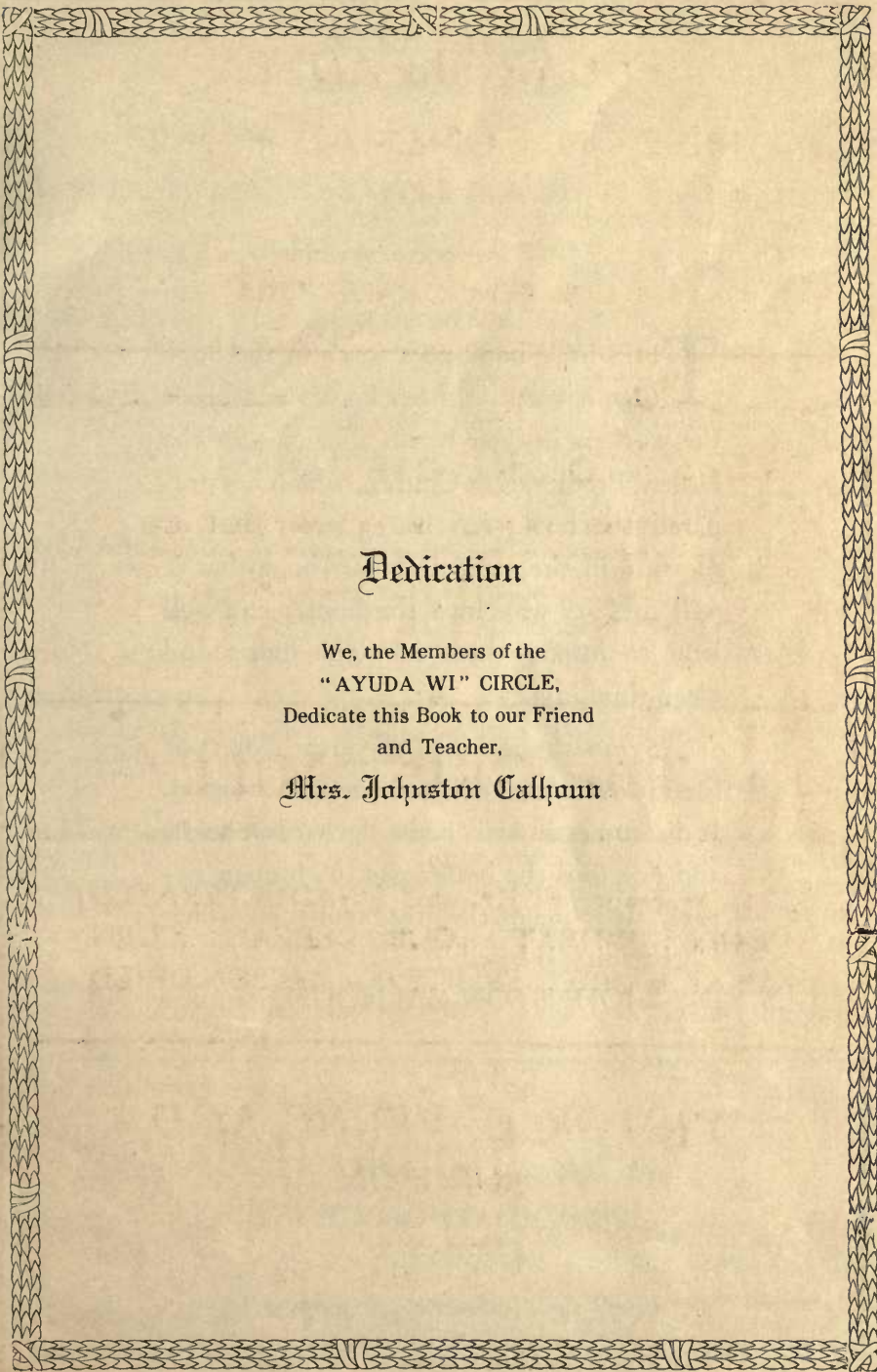
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## Dedication

We, the Members of the  
"AYUDA WI" CIRCLE,  
Dedicate this Book to our Friend  
and Teacher,  
*Mrs. Johnston Calloun*

THIS little book goes forth in the hope that it may brighten homes and cheer the workers in their work. The class of the United Presbyterian Church, which has prepared the book, has had a great deal of pleasure in the task. It is our hope that it will find its way into the homes and will help to inspire them in right living and clear thinking.

“Sympathy is one of the great secrets of life. It overcomes evil and strengthens good. It disarms resistance, melts the hardest heart, and develops the better part of human nature. It is one of the great truths on which Christianity is based.”

JOHNSTON CALHOUN, *Pastor.*

## BEVERAGES

Editor—Mrs. Trauger

---

**GRAPEFRUIT AND PINEAPPLE PUNCH:** Boil 1 cup of sugar and 2 cups water five minutes, add 1 cup crushed pineapple, juice of 2 lemons and 2 grapefruit. Place in punch bowl, and pour this over it.

MRS. L. W. McKEE.

**COOL DRINK:** Juice of three lemons, 1 cup of sugar. Water. 2/3 cup of grape juice.

MRS. L. W. McKEE.

**THREE-FRUIT PUNCH:** 1½ cups grapefruit juice. 1½ cups orange juice. 1½ cups pineapple juice. 1 cup crushed pineapple. 1 cup sugar. 2 cups water. Mix and serve over cracked ice. Garnish with small fancy sections of all fruits.

MRS. L. H. KENNEDY.

**PINEAPPLE EGG NOG:** Beat yolk of 1 egg slightly, add 1/8 ts. salt, ½ tb. of powdered sugar, and ½ cup syrup drained from crushed Pineapple. Add ½ of the stiffly beaten white and when well mixed pour into a glass. Heap remainder of white on top and sprinkle with nutmeg.

MRS. C. P. SNYDER.

**DIXIE FRAPPE:** Half fill parfait glasses with grape juice. Fill up glass with whipped cream flavored with orange. Top with candied cherry and serve with wafer sticks.

MRS. ROY FRENCH.

**FRUIT PUNCH:** 2 cups grapefruit juice. 2 cups orange juice. 2 tb. maraschino cherry juice. 1 cup water. 1 cup sugar. 8 maraschino cherries, chopped. 1 slice orange finely cut. 1 banana, sliced. Mix and serve over cracked ice. Garnish with cut fruits.

MRS. L. H. KENNEDY.

**ORANGE PUNCH:** Juice of 6 oranges. 1 pt. bottle of ginger ale. Sugar to suit taste. Ice and serve.

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## BREADS

Editor—Mrs. Sol Alexander

**NUT BREAD:** 3 cups flour. 1 cup sugar. Salt. 4 tablespoons baking powder. 1 cup nut meats, 1 egg beaten, 1 cup milk. Sift dry ingredients twice, add nuts, egg mixed with milk, mix. Put in buttered pan, let stand 15 minutes. Bake 45 minutes.

MRS. RAMSEY.

**PEANUT BREAD:** 1 cup salted peanuts, shelled, and ground in meat grinder. 1 cup sugar. 4 teaspoons baking powder. 4 cups flour. 1 teaspoon salt. 1 egg.  $1\frac{1}{2}$  cups milk. Beat well, pour into long, high bread tin and let stand 20 minutes. Bake in moderate oven 45 minutes. Slice when day old. Excellent for bread and butter sandwiches.

MRS. CALHOUN.

**WAFFLES:** Sift—2 cups flour, 1 teaspoon salt, 1 tablespoon sugar, 3 teaspoons baking powder. 2 eggs, whites beaten separately. 2 cups milk. 4 tablespoons butter. Add 2 cups milk to the beaten yolks and beat. Add this to sifted ingredients, beating until very smooth. Add the butter melted, and the stiffly beaten whites of eggs. Shortening other than butter can be used; but be sure that shortening is used. Bacon grease is very good.

MRS. L. W. McKEE.

**POCKET BOOK ROLLS:** 2 cups flour. 2 teaspoons baking powder.  $\frac{1}{4}$  teaspoon salt. 2 tablespoons butter. 1 egg. 1 cup milk. Mix flour, baking powder, and salt. Cut in one tablespoon butter. Add well beaten egg and milk. Roll dough thin, cut in rounds, butter top, fold each round over once and brush top again with melted butter. Bake in hot oven and serve while warm. This makes 18 rolls.

MRS. G. B. DILLON.

**DATE BREAD:** 2 cups sugar.  $2\frac{3}{4}$  cups bread flour. 1 cup dates. 1 cup nuts.  $1\frac{1}{2}$  cups boiling water. 1 tsp. shortening. 1 tsp. soda. 1 tsp. baking powder. 1 tsp. vanilla. 1 egg. Cream sugar and shortening and eggs. Pour boiling water over dates and when cold add to the above mixture. Then add flour, dates and nuts and vanilla.

MRS. C. P. SNYDER.

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**TWIN MOUNTAIN MUFFINS:**  $\frac{1}{4}$  cup butter.  $\frac{1}{4}$  cup sugar. 1 egg.  $\frac{3}{4}$  cup milk. 3 cups flour. 3 teaspoons baking powder.  $\frac{1}{2}$  teaspoon salt. Bake 15 minutes. MRS. SPICER.

**CORNMEAL MUFFINS:** 1 cup flour.  $\frac{1}{2}$  cup corn meal.  $\frac{1}{4}$  cup sugar. 1 cup milk. 1 egg. 1 tablespoon butter. 2 teaspoons baking powder.  $\frac{1}{2}$  teaspoon salt. Mix dry materials, add milk, well beaten egg and melted butter. Put in greased muffin tins and bake in quick oven 20 minutes. MRS. RAMSEY.

**TEA ROLLS:** Melt together—5 tablespoons butter or crisco, 2 tablespoons cocoa. 2 eggs beaten till thick, add 1 cup sugar, then cocoa mixture. 1 cup flour. 1 cup nuts.  $\frac{1}{4}$  teaspoon salt. 1 teaspoon vanilla. Bake in a moderate oven for fifteen minutes. Mix in order given, beating thoroughly all the time.

MRS. G. B. DILLON.

**SOUTHERN SPOON CORN BREAD:** Add  $1\frac{1}{2}$  teaspoons salt to 3 cups boiling water. Set over hot fire and gradually stir in  $\frac{1}{3}$  cup breakfast hominy. Let cook 3 or 4 minutes while stirring, then let cook undisturbed over boiling water thirty minutes. Add 3 tablespoons butter,  $\frac{3}{4}$  cup milk, 3 eggs beaten light and  $1\frac{1}{2}$  cups meal sifted with 2 teaspoons baking powder. Turn into buttered baking dish and let bake  $\frac{3}{4}$  of an hour. Serve while hot with a spoon. Serves 6 or 7 people. MRS. CALHOUN.

**DUMPLINGS:** 2 cups of flour. Pinch of salt. 1 tablespoon shortening worked into the flour. Water enough to make just soft enough to drop off a spoon. Do not lift cover for 18 or 20 minutes. Take up and serve immediately. MRS. TRAUGER.

**ORANGE MARMALADE TEA BISCUIT:** 2 cups flour. 4 teaspoons baking powder.  $\frac{2}{3}$  teaspoon salt.  $\frac{1}{4}$  cup sugar. 2 tablespoons butter. 2 tablespoons crisco. Milk or water.  $\frac{3}{4}$  cup orange marmalade. Sift dry ingredients 3 times. Cut in fat, add liquid to make a soft dough. Cut into biscuits, make depression in top of each, fill with  $\frac{1}{4}$  teaspoon of sugar and  $\frac{1}{2}$  teaspoon of marmalade and a chip of butter. Bake in hot oven.

MRS. L. H. KENNEDY.

**NUT BREAD:** 1 cup sugar. 1 egg. 1 cup sweet milk. 2 cups flour. 1 cup chopped nuts. 3 teaspoons baking powder. 1 teaspoon salt. Bake in moderate oven. MRS. O. P. GIFFIN.

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**DUMPLINGS:** 1 teaspoon salt. 2 cups flour. 4 teaspoons baking powder. 2 teaspoons fat.  $\frac{3}{4}$  cup milk. Mix and drop in boiling stew or chicken broth. Cover tight and cook twelve minutes.

MRS. RAMSEY.

**BAKING POWDER BISCUIT:** 2 cups flour. 4 teaspoons baking powder.  $\frac{1}{4}$  teaspoon salt. 3 tablespoons lard.  $\frac{2}{3}$  cup milk. Mix and sift flour, baking powder and salt. Cut in lard with knife until the consistency of corn meal. Add milk, mixing with knife. Pat into a rectangular shape, one-half inch thick, on a floured board. Cut with small biscuit cutter. Place side by side in a tin pan. Bake at temperature of 450 degrees for seven minutes.

MRS. L. W. McKEE.

**GINGER BREAD:**  $\frac{1}{2}$  cup sugar. 1 cup molasses.  $\frac{1}{2}$  cup butter. 1 teaspoon cinnamon. 1 cup boiling water. 2 well beaten eggs. 1 teaspoon ginger. 1 teaspoon cloves.  $\frac{1}{4}$  teaspoon nutmeg. 2 teaspoons soda (dissolve in boiling water.)  $2\frac{1}{2}$  cups flour.

MRS. G. B. DILLON.

**NOODLES:** 1 egg. 2 tablespoons water. Salt. Mix in all the flour possible. Roll real thin, flour and roll tight, cut in narrow strips, shake out on floured board and let stand to dry a little.

MRS. RAMSEY.

**GRAPENUT BREAD:**  $1\frac{1}{2}$  cups grape nuts. 1 cup sugar. Mix and let stand 15 minutes. 1 egg.  $\frac{1}{2}$  teaspoon salt. 2 cups milk. Handfull raisins.  $3\frac{1}{2}$  cups bread flour. 4 teaspoons baking powder. Combine ingredients and put in bread tins. Let stand  $1\frac{1}{2}$  hours before baking in moderate oven. If sour milk is used, add 2 teaspoons soda. Let loaves stand several hours before cutting.

MRS. CALHOUN.

**RICH BISCUIT DOUGH:** 2 cups flour.  $\frac{1}{2}$  teaspoon salt. 2 tablespoons sugar. 4 teaspoons baking powder. 4 tablespoons shortening.  $\frac{3}{4}$  cup milk. Sift dry ingredients and cut in the shortening. Add the milk to make a soft dough. Bake in a hot oven 10 to 15 minutes.

MRS. RALPH.

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**MAPLE ROLL BISCUIT:** 3 cups flour. 3 tablespoons melted fat. Sweet milk to make a soft dough. 6 teaspoons baking powder. 1 teaspoon salt. Roll out without much handling about one-half inch thick and sprinkle thickly with brown sugar and roll up like cinnamon rolls. Cut the roll in slices one and one-half inches thick and bake  $1\frac{1}{2}$  hours in a slow oven. Fine with coffee. MRS. CALHOUN.

**"HOT DOG" DAINTIES:** 4 level cups flour. 1 teaspoon salt. 5 teaspoons baking powder. 1 pound small smoked sausages. 4 level tablespoons lard. About 2 cups milk, or milk and water. Brush each sausage with mustard. Sift flour, salt and baking powder together. Work in lard and gently mix in milk enough to make a soft dough, soft enough to be handled easily without being stiff. Roll out about  $\frac{1}{4}$  inch thick. Cut in small squares. Lay one sausage in each square and fasten by pinching the dough together. Place in a pan a little ways apart, and bake in a quick oven until brown. MRS. B. H. TRAUGER.

**SOUR MILK NUT BREAD:** 3 cups whole wheat or graham flour. 2 cups sour milk. 1 cup nuts. 1 cup sugar. 1 teaspoon soda.  $\frac{1}{2}$  cup white flour, 1 teaspoon baking powder, sift in last. Mix and pour in greased tins. Bake 45 to 50 minutes.

MRS. L. H. KENNEDY.

**POTATO ROLLS:** 1 cup mashed potatoes.  $\frac{3}{4}$  cup lard.  $\frac{3}{4}$  cup sugar. 1 cup warm water. 1 egg. 1 pint light yeast. Sufficient flour to make soft dough. To make yeast use the water off of potatoes and add enough to make one pint. Have lukewarm. Break up one cake Fleishman's yeast in it and let stand a short time. 10 to 12 cups of flour. Let rise, then roll. Cut into biscuits. Let rise again and bake in a moderate oven. This makes about 5 dozen rolls.

MRS. O. P. GIFFIN.

**MUFFINS (STANDARD):** (1) 1 cup milk, 1 egg, 1 tablespoon fat—melt fat and mix. (2) 2 cups flour, 4 teaspoons baking powder,  $\frac{1}{2}$  teaspoon salt, 1 tablespoon sugar—sift together. Combine (1) and (2) quickly, do not beat. The batter is not smooth. Put in tins and bake in a quick oven.

MRS. L. H. KENNEDY.

**BRAN MUFFINS:** 2 tablespoons sugar. 1 tablespoon shortening.  $\frac{1}{2}$  teaspoon salt. 1 egg. Bake in a quick oven. 1 cup milk. 2 teaspoons baking powder. 1 cup flour. 1 cup bran.

MRS. O. P. GIFFIN.

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**BROWN BREAD:** 1 egg well beaten.  $\frac{1}{2}$  cup brown sugar. 4 cups Pillsbury Bran Flour. 1 cup flour. Salt.  $\frac{1}{4}$  package raisins. 1 teaspoon soda in hot water. 2 cups sour milk. Mix in order given and bake  $1\frac{1}{4}$  hours. Makes one loaf. MRS. L. H. KENNEDY.

**PINWHEEL BISCUITS:** 2 cups flour.  $\frac{1}{2}$  teaspoon salt. 2 tablespoons butter or substitute.  $\frac{1}{3}$  teaspoon cinnamon. 4 teaspoons baking powder. 2 tablespoons sugar.  $\frac{2}{3}$  cup milk.  $\frac{1}{3}$  cup finely chopped raisins or currants. 2 tablespoons finely chopped citron. Mix as baking powder biscuit. Roll to one-quarter inch in thickness. Brush over with melted butter. Sprinkle with fruit, sugar and cinnamon. Roll like jelly roll. Cut off pieces three-quarter inch in thickness. Place on buttered tin and bake twelve minutes in a hot oven. MRS. CALHOUN.

**CORN BREAD:** Sift together—3 tablespoons sugar, 1 cup yellow corn meal,  $\frac{3}{4}$  cup flour,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{2}$  teaspoon baking soda. 1 egg. 1 cup sour milk. 3 tablespoons melted shortening. Mix wet ingredients together, then add dry ingredients. Pour into small pan and bake. MRS. B. H. TRAUGER.

**GOLDEN CORN MUFFINS:** 1 cup flour. 2 tablespoons Crisco. 1 cup yellow corn meal. 3 tablespoons sugar. 1 cup milk. 2 eggs. 1 teaspoon salt. 3 teaspoons baking powder. Cream Crisco and sugar thoroughly, add eggs well beaten and milk. Stir in slowly dry ingredients which have been sifted together three times. Put in gem pans or long pan and bake in a moderately hot oven twenty-five minutes. This will make twelve muffins. MRS. G. B. DILLON.

**OLD-FASHIONED SOFT GINGERBREAD:** 1 cup sugar. 1 cup molasses. 1 egg. 1 teaspoon ginger. 1 teaspoon soda. 1 teaspoon cinnamon. 1 cup fat. 1 cup sour milk. Flour to make a stiff batter. Mix sugar, molasses, egg, soda, ginger and cinnamon. Heat fat and pour in hot. Add milk and the rest of flour. Bake one hour in a medium oven. MRS. L. H. KENNEDY.

**CORN BREAD:** 1 cup corn meal. 1 cup flour.  $\frac{1}{2}$  cup sugar. 2 teaspoons baking powder.  $\frac{1}{2}$  teaspoon salt. 1 cup milk. 2 tablespoons melted butter. 1 egg (beaten lightly). Stir and beat together until light and bubbly looking. Turn into a well greased pan and bake 20 minutes. MRS. O. P. GIFFIN.

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**QUICK TEA ROLLS:** 1 yeast cake.  $\frac{1}{2}$  cup tepid water. 3 cups flour. 1 cup scalded milk. 1 tablespoon sugar. 2 tablespoons lard or butter. 1 teaspoon salt. Add shortening to milk and let cool until lukewarm. Soften yeast cake and dissolve sugar in water. Combine mixtures. Beat in half of flour until very smooth. Add balance with salt; knead thoroughly. Roll out, place in pan and let rise 2 hours. Bake 15 minutes in moderate oven.

MRS. CALHOUN.

**DUMPLINGS:** 2 cups flour. 1 teaspoon salt. 2 teaspoons baking powder. 1 scant cup milk. Sift dry ingredients together, mix and cook ten minutes.

MRS. L. H. KENNEDY.

**NUT BREAD:** 1 cup sugar. 1 cup milk. 1 egg.  $\frac{1}{2}$  teaspoon salt. 3 cups flour. 3 teaspoons baking powder. 1 cup chopped nuts. After mixing, place in pan, allow to raise 30 minutes. Bake in slow oven 1 hour and ten minutes.

MRS. E. H. RALPH.

**DOUGHNUTS:** 2 cups sugar. 2 cups mashed potatoes. 3 eggs beaten separately. 1 cup milk. 2 tablespoons melted lard. 5 cups flour. 5 teaspoons baking powder. 1 teaspoon vanilla. Pinch of salt. Bake in deep fat.

MRS. O. P. GIFFIN.

**NUT BREAD:** 4 cups white flour. 2 cups sweet milk.  $\frac{1}{2}$  cup sugar. 4 teaspoons baking powder. 1 cup nuts.  $\frac{1}{2}$  cup shortening. 1 egg. Salt. Mix and let raise  $\frac{1}{2}$  hour and then bake. Makes one large loaf.

MRS. L. H. KENNEDY.

**GINGER BREAD:**  $\frac{1}{2}$  cup brown sugar.  $\frac{1}{2}$  cup white sugar.  $\frac{2}{3}$  sorghum molasses.  $\frac{1}{2}$  cup crisco. 1 egg. 1 cup sour milk (with 1 ts. soda) 1 ts. allspice, 1 ts. ginger,  $\frac{1}{2}$  ts. cinnamon. 1 ts. baking powder. Flour to mix stiff.

MRS. L. H. WALTER.

**DATE MUFFINS:**  $\frac{1}{3}$  cup butter.  $\frac{1}{4}$  cup sugar.  $\frac{1}{4}$  ts. salt. 1 egg.  $\frac{3}{4}$  cup milk. 2 cups flour.  $\frac{1}{4}$  lb. dates. 4 ts. baking powder. Cream butter, add sugar and the dates chopped fine. Cream all together, add beaten egg, then half of milk and half the flour. Beat thoroughly. Add remainder of milk and flour with baking powder and salt added. Bake in muffin pans.

MRS. PAUL CAREY.

**DATE BREAD:** 1 cup sugar, 3 eggs, 1 cup flour,  $\frac{1}{4}$  ts. salt, 1 ts. B. P., 1 ts. vanilla, 1 cup dates, 1 cup nuts,  $\frac{1}{4}$  cup milk. Beat the eggs and add sugar. When well mixed combine remaining ingredients. Beat thoroughly and pour into a square cake pan lined with waxed paper. Bake in moderate oven 25 minutes. Cut into bars and roll in powdered sugar.

MRS. C. P. SNYDER.

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## CAKES

Editor—Mrs. O. P. Giffin

**SPONGE CAKE CHANTILLY:** 1 cup sugar, 3 eggs,  $\frac{1}{2}$  cup milk, 1 tsp. vanilla,  $1\frac{1}{2}$  cups flour, 2 tsp. baking powder,  $\frac{1}{2}$  tsp. salt, 4 tbsp. melted butter. Beat sugar and yolks of eggs until thick and yellow. Add milk and vanilla, then flour, baking powder and salt sifted together. Add melted butter, then whites of eggs beaten stiff. Turn the mixture into 2 well greased and floured layer cake tins, and bake 15 to 20 minutes in moderate oven.

MRS. HAROLD REESE.

**APPLE SAUCE CAKE LOAF:** Cream  $\frac{1}{2}$  cup butter or lard. 1 cup sugar, 1 cup warm apple sauce,  $1\frac{3}{4}$  cups flour, 1 tsp. cinnamon,  $\frac{1}{4}$  tsp. cloves,  $\frac{1}{2}$  tsp. salt,  $\frac{1}{2}$  tsp. soda in apple sauce, 1 tsp. baking powder, 1 cup raisins and nuts. Very good with citron and orange peel and red cherries.

MRS. RAMSEY.

**ICE BOX CAKE:** 1 cake McDonald's Roof Garden Chocolate, 4 eggs, 2 dozen lady fingers. Melt chocolate in double boiler, remove from fire, add well beaten yolks of eggs, then the whites well beaten. Line a loaf cake tin with oil paper. Place a layer of lady-fingers in it, then a layer of chocolate mixture. Alternate lady-fingers and chocolate until all are gone, leaving chocolate on top. Place in ice box for 24 hours, then remove and peel down oil paper, slice and serve with whipped cream. This will serve about eight people.

MRS. B. H. TRAUGER.

**SPICE CAKE:** 1 cup sugar, 1 egg, 1 heaping tbsp. shortening, 1 cup sour milk, 1 level teaspoon soda,  $1\frac{1}{2}$  cups sifted flour,  $1\frac{1}{2}$  teaspoon cinnamon,  $\frac{1}{2}$  teaspoon cloves, 1 cup raisins. Bake slowly.

MRS. SPICER.

**SPONGE CAKE:** 1 cup sugar, 5 tb. water. Boil till threads like icing. Beat five egg whites till they will stand up in points. Beat syrup into eggs; when cool add yolks and 1 cup Swansdown flour sifted four times. Bake as Angel-food in ungreased pan 1 hour.

MRS. SPICER.

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**CINNAMON FLOP:** 1 cup sugar, 1 scant cup milk, 2 tb. butter, 2½ cups flour, 3 teaspoons baking powder. Cream butter, add sugar, half the milk, half the flour well sifted, then the remainder of each, then salt and baking powder. Bake in moderate oven in pan for sheet cake. When partly cold spread with the following icing. Icing—1 cup sugar, ¾ cup butter. Add cinnamon to taste. Cream butter, add sugar and cinnamon. **MRS. CALHOUN.**

**5 MINUTE SPONGE CAKE:** 2 eggs, 1 cup sugar added slowly. Add salt and 1 teaspoon lemon extract and beat two minutes. Add 1 cup flour, 2 teaspoons baking powder and beat two minutes. Add ½ cup warm milk and beat 1 minute. Pour in loaf tin, put in cold oven, light, turn gas low, and bake. When done, turn upside down in pan, until cold. **MRS. RAMSEY.**

**SUNSHINE CAKE:** ½ cup flour, 4 eggs, ¾ cup sugar, 1/3 teaspoon cream of tartar, 1 teaspoon vanilla. Beat whites until stiff. Add cream of tartar beaten in. Add sugar and beat again. Beat yolks and add to the mixture. Add flavoring and fold in flour well sifted. Bake in moderate oven 20 minutes in a new pan lightly greased. Take out when done. Turn upside down on waxed paper and let stand until cake drops out. **MRS. RALPH.**

**PINEAPPLE CAKE OR UPSIDE DOWN CAKE:** 1 cup brown sugar, 1/8 lb. butter, cook until like a wax in iron skillet, lay rounds of pineapple on top of above mixture, make a batter of the following: 2 eggs, 4 tablespoons melted butter and enough pineapple juice to fill a cup, 1 cup sugar, 1¾ cups flour, 2 teaspoons baking powder. Pour batter over sugar mixture and bake 50 minutes at 350 degrees. When cake is turned upside down, it is ready for serving. **MRS. C. P. SNYDER.**

**WHITE CAKE:** 2 cups sugar, 1 scant cup butter, 1 cup sweet milk, 2½ cups flour, 3 teaspoons B. P., 5 egg whites, vanilla. Cream butter and add sugar. Add milk, then flour sifted three times. Add baking powder and the egg whites beaten stiff. Flavor and bake in layers or loaf. **MRS. G. B. DILLON.**

**GOLDEN ANGEL CAKE:** 1½ cups sugar, ¾ cup water. Boil until it hairs. Beat whites of eggs very stiff, add syrup beating constantly. When cool fold in 1 cup flour, ¾ tsp. cream of tartar, ½ tsp. salt, sifted together. Fold in well beaten egg yolks and 1 tsp. flavoring. Bake in tube pan in slow oven 1 hour. Temperature of oven 300 degrees. **EDITH B. FISHER.**

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**"LIGHTNING" TEA CAKES (12 cakes):** 1½ cups flour, ¾ cup granulated or powdered sugar, 2 tsp. B. P., 1/3 tsp. salt, 3 tablespoons butter (melted), ½ cup milk, ½ tsp. vanilla. Sift and mix together flour, sugar, baking powder and salt. Make a well in center of mixture and pour in the melted butter, egg, milk and vanilla. Stir all together and beat vigorously for two minutes. Fill well buttered muffin pans half full of mixture and bake.

MRS. L. W. McKEE.

**COCOANUT CAKES:** 1 cup sugar, ¼ cup water. Boil until it hairs from spoon. Beat 1 egg white very stiff and pour syrup slowly into it while you keep beating. Then stir in 1 cup cocoanut. Drop on buttered paper and bake until brown. MRS. G. B. DILLON.

**CHERRY CAKE:** 1 cup sugar, 3 eggs, 1 teaspoon soda, 1 teaspoon cloves, ¾ cup butter or margerine, 1 tsp. cinnamon, 1 tsp. nutmeg, 4 teaspoons sour cream, 1 cup red pitted cherries, 2 cups flour. Cream butter and sugar. Add beaten yolks. Sift all dry ingredients, add alternately with cream. Last add chopped cherries, then fold in stiffly beaten whites of eggs. May be baked in muffin tins for individual cakes.

EDITH B. FISHER.

**ICE BOX CAKE:** 1 cup butter, 1 cup powdered sugar, 6 eggs, 1 cup almonds, ½ lb. macaroons, 1 lb. lady-fingers, ½ tsp. vanilla. Cream butter thoroughly, add sugar. Gradually beating till smooth, separate eggs, beat yolks till creamy and add to sugar mixture. Stir in chopped nuts and fold in beaten egg whites. Then line a Pyrex dish with oil paper, separate your lady-fingers around the sides and bottom of dish, then put on a layer of sauce, then a layer of macaroons, and alternate until it is used up. Lady-fingers on the top. Put in the ice box. Next day cover with whipped cream and serve.

MRS. EDWARD McLAVY.

**BOILED FRUIT CAKE:** 1 cup water, 1 cup sugar, ½ teaspoon cinnamon, ½ teaspoon cloves, 3 tablespoonfuls chocolate, ½ teaspoon salt, ½ cup butter, 1½ cup raisins. Bring all to a boil. Cool to lukewarm, then add 2 cups flour and 1 teaspoon soda. Bake in moderate oven in loaf tin for about 1 hour. Add 1 cup chopped nutmeats and 1 cup apple sauce if desired. MRS. G. B. DILLON.

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**ONE EGG CAKE:** 4 tbsp. butter,  $\frac{1}{2}$  cup sugar, 1 egg,  $\frac{1}{2}$  cup milk, 1  $\frac{1}{8}$  cups flour, 2 $\frac{1}{2}$  teaspoons B. P., 1 tsp. vanilla. Cream butter, add sugar gradually and egg well beaten. Mix and sift flour and baking powder and add alternately with the milk. Add vanilla. Bake in a loaf pan 25 minutes in a moderate oven.

**Chocolate Icing for Cake:** 1 square chocolate (melted), 3 tbsp. boiling water, 1 $\frac{1}{2}$  cups powdered sugar,  $\frac{1}{2}$  tsp. vanilla. Melt chocolate, add a little powdered sugar, then water and flavoring and sufficient sugar to allow icing to spread on cake.

MRS. L. W. McKEE.

**FRUIT CAKE:** 1 cup sugar,  $\frac{1}{2}$  cup butter, 1 egg, 1 cup sweet milk, 1 tsp. cloves, 1 tsp. cinnamon, 1 tsp. ginger, 1 tsp. nutmeg, 2 $\frac{1}{2}$  cups flour, 2 tsp. B. P., 1 lb. raisins, 1 lb. currants, a little citron, 1 cup each of figs and nutmeats.

MRS. E. H. RALPH.

**CUP CAKES:** 2 eggs, or yolks of 3 or 4 eggs, 1 cup sugar,  $\frac{3}{4}$  cup butter or substitute,  $\frac{3}{4}$  cup milk, 2 tablespoons cocoa, 3 teaspoons B. P., 2 $\frac{1}{2}$  cups flour. Bake in muffin pans.

MRS. O. P. GIFFIN.

**DEVIL'S FOOD CAKE:** 2 squares unsweetened chocolate dissolved in 5 tablespoons boiling water,  $\frac{1}{2}$  cup butter, 1 $\frac{1}{2}$  cups sugar, 4 eggs,  $\frac{1}{2}$  cup milk, 1 $\frac{3}{4}$  cups flour, 2 teaspoons B. P., 1 tsp. vanilla, 1 pinch of soda. Cream butter and sugar, add beaten yolks, then add chocolate, milk, flour sifted three times with baking powder. Add flavoring and last the beaten whites and soda. This makes two large layers.

MRS. G. B. DILLON.

**NUT CAKE:** 1 cup butter, 2 cups sugar, 1 cup sweet milk, 3 eggs,  $\frac{1}{2}$  nutmeg, grated, 1 tsp. lemon, 1 pt. nut meats chopped, 1 pt. currants, 1 pt. seedless raisins. Mix all together, add five cups flour having in it 3 teaspoons baking powder. Bake 1 $\frac{1}{4}$  hours in a medium slow oven.

MRS. E. H. RALPH.

**CHOCOLATE CAKE:** 1 $\frac{1}{2}$  cups sugar,  $\frac{1}{2}$  cup shortening, 3 eggs, 1 cup milk, 2 cups flour, 1 tsp. soda, 1 tsp. B. P., 1 tsp. vanilla. Cook until thick 2 squares chocolate and  $\frac{1}{2}$  of the milk. Cream butter and sugar, add 1 egg. Add rest of milk, then flour sifted with baking powder, and the other two eggs alternately, beating well. Last add chocolate and soda, which has been mixed in a little milk.

MRS. O. P. GIFFIN.

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**CREAM CAKE:** 1 heaping cup unsifted flour, 1 level cup sugar, Sift flour and sugar together. Break 2 eggs in a cup, add 2 tablespoons melted butter, finish filling cup with milk. Then mix with flour and sugar. Beat hard. Add 2 tsp. baking powder and 1 tsp. vanilla. Beat for 5 minutes. Use whipped cream for filling.

MRS. HAROLD REESE.

**SPONGE CAKE:** 5 eggs, 1 cup sugar, 1 cup flour (sifted), 3 tablespoons water, juice of  $\frac{1}{2}$  orange, or extract. Beat yolks until light, add water, sugar, flour, and last fold in stiffly beaten egg whites. Bake in moderate oven 1 hour. This batter will be quite thin.

MRS. G. B. DILLON.

**HOT APPLE SAUCE CAKE:** 1 cup brown sugar,  $\frac{1}{2}$  cup butter,  $1\frac{1}{2}$  cups hot apple sauce, 1 tsp. cloves, 1 tsp. cinnamon, 2 level teaspoons soda, 2 cups flour, 1 cup nuts, 1 cup raisins. Mix in order given. Bake in greased loaf tin 60 minutes.

MRS. B. H. TRAUGER.

**BANANA NUT CAKE:** Cream  $1\frac{1}{2}$  cups white sugar,  $\frac{1}{2}$  cup butter. Add 2 beaten eggs, 1 cup mashed bananas—beat well. Add 1 tsp. soda dissolved in 4 tablespoons sour milk, stir well. Add  $1\frac{3}{4}$  cups flour sifted with 1 tsp. B. P.,  $\frac{1}{4}$  tsp. salt. Add 1 cup chopped walnuts, beat well. Bake in loaf, layer, or gem pans.

MRS. L. H. KENNEDY.

**ANGEL FOOD CAKE:**  $1\frac{1}{2}$  cups of sifted sugar, 1 cup running over egg whites, salt, 1 level tsp. cream of tartar in eggs. Fold in sugar a tablespoonful at a time. 1 cup Swansdown flour sifted several times. Fold in flour a little at a time. Add flavoring. Place in almost cold oven and bake 60 minutes. MRS. B. H. TRAUGER.

**ANGEL FOOD CAKE:** 1 cup of egg whites,  $1\frac{1}{4}$  cup sugar,  $\frac{1}{2}$  tsp. cream of tartar, 1 cup flour. Beat egg until half beaten, add cream of tartar, finish beating eggs. Fold in sugar, then fold in flour.

MRS. L. H. KENNEDY.

**FRUIT CAKE:** 1 lb. butter or  $\frac{3}{4}$  lb. substitute, 4 eggs, beaten separately,  $\frac{1}{2}$  cup sour milk, 1 teaspoon soda dissolved in milk, 1 cup molasses, 1 lb. seeded raisins, 1 lb. currants, 1 lb. figs and dates (chopped),  $\frac{1}{4}$  lb. citron and lemon peel, 1 lb. nut meats chopped, 5 cups flour, 1 teaspoon cinnamon, 1 teaspoon cloves, 1 tsp. allspice and nutmeg.

MRS. B. H. TRAUGER.

## DR. HAROLD H. MORRIS

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**BURNT SUGAR CAKE:** Cream  $1\frac{1}{2}$  cups sugar and  $\frac{1}{2}$  cup shortening, yolks 2 eggs, 1 cup cold water, 2 cups flour, 2 teaspoons B. P., 1 teaspoon vanilla, 3 tablespoons caramel—melt 1 cup sugar in pan and add 1 cup boiling water and let boil a few minutes. Add powdered sugar to half of this for icing. Whites of 2 eggs.

MRS. RAYMOND LIGGETT.

**MOCK ANGEL FOOD:** 1 cup sugar,  $1\frac{1}{3}$  cups flour,  $\frac{1}{2}$  teaspoon cream of tartar, 3 teaspoons B. P.,  $\frac{1}{3}$  teaspoon salt,  $\frac{2}{3}$  cup scalded milk, 1 teaspoon vanilla, whites of 3 eggs. Mix and sift the first five ingredients given 4 times. Add scalded milk very slowly. Add vanilla. Fold in stiffly beaten egg whites. Turn in tin and bake 45 minutes.

MRS. L. H. KENNEDY.

**EASY CHOCOLATE CAKE:** 1 cup sugar, 1 egg beaten with sugar, 1 cup sour milk, add 1 teaspoon soda,  $1\frac{1}{2}$  cups flour, 1 heaping tablespoon butter melted with 2 squares chocolate (or  $\frac{1}{2}$  cup cocoa), pinch of salt. Flavor with vanilla or lemon.

MRS. RAYMOND LIGGETT.

**BOILED SUGAR SPONGE CAKE, (Very Good):**  $1\frac{1}{2}$  cups sugar,  $\frac{1}{2}$  cup cold water. Boil together till it threads. Whites of six eggs well beaten. Pour boiled sugar and water into whites, then set dish in pan of water, cold. Let stand until the mixture is cold. Then add well beaten yolks of six eggs. Add 1 cup Swansdown flour, 1 level tsp. cream of tartar, and flavoring. Bake in funnel cake tin 60 minutes. Remove from oven, turn upside down. Place cold wet towel over tin and let stand until cold. Remove from and frost with powdered sugar icing.

MRS. TRAUGER.

**NUT CAKE:**  $\frac{1}{2}$  cup butter,  $1\frac{1}{2}$  cups sugar,  $\frac{3}{4}$  cup milk, 2 cups flour, 2 teaspoons B. P., 1 cup nut meats, chopped. Whites of 4 eggs beaten dry, added last.

MRS. L. H. KENNEDY.

**BROWN CAKE:** 1 cup white sugar,  $\frac{3}{4}$  cup Crisco, 2 eggs,  $\frac{1}{2}$  cup cocoa in hot water, 1 teaspoon vanilla, 1 cup sweet milk, 1 tsp. soda in hot water, 2 cups flour.

MRS. TRAUGER.

**QUICK COFFEE CAKE:** 1 pt. flour,  $\frac{1}{3}$  cup sugar,  $\frac{1}{2}$  cup milk, 1 egg, 3 teaspoons B. P., 3 tablespoons melted lard,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{2}$  teaspoon cinnamon. Sift together twice, flour, salt, B. P. and cinnamon. Mix to a soft dough with milk stirred into well beaten egg. Add melted lard. Spread in shallow pan, sprinkle with sugar mixed with cinnamon and bake in moderate oven.

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**LADY BALTIMORE CAKE:**  $\frac{1}{2}$  cup butter (scant),  $1\frac{1}{2}$  cups granulated sugar (sifted), 1 cup cold water, 3 even cups Swans-down flour sifted 3 times before measuring, 3 rounded teaspoons baking powder, whites of 4 eggs. Flavor with  $\frac{1}{4}$  teaspoon almond extract and  $\frac{1}{2}$  teaspoon vanilla. Cream butter and sugar, add one-third of the water with 1 cup flour. Beat thoroughly and add second cup flour, continue beating. Into the last cup of flour sift baking powder and add as the others. Then add the rest of water, flavoring. Cut and fold in the stiffly beaten whites very carefully. This

**FILLING FOR LADY BALTIMORE CAKE:** Grind together in meat grinder  $\frac{1}{2}$  lb. figs,  $\frac{1}{2}$  lb. pecans or English walnuts,  $\frac{1}{2}$  lb. raisins. Make a boiled icing of 2 cups sugar,  $\frac{1}{2}$  cup water, whites of 2 eggs. Boil sugar and water together gently without stirring until it threads from spoon, turn this mixture slowly in stiffly beaten egg whites. Leave out  $\frac{1}{3}$  and into the rest stir the fruit and nuts. Spread fruit icing between layers and on the top and over this spread the plain white icing. MRS. RAYMOND LIGGETT.

**SOFT GINGERBREAD:** Take 1 cup molasses, 1 egg, 5 tablespoons melted shortening,  $1\frac{1}{2}$  cups flour, 1 teaspoon ginger, 1 teaspoon soda mixed with molasses, and  $\frac{2}{3}$  cup hot water added last. This is delicious served with whipped cream, to which a little sugar and vanilla have been added. MRS. RAYMOND LIGGETT.

**WHITE CAKE:**  $1\frac{1}{2}$  cups sifted granulated sugar,  $\frac{1}{2}$  cup butter, 1 teaspoon vanilla,  $2\frac{1}{2}$  cups pastry flour, 2 teaspoons baking powder, 1 cup milk, whites 4 eggs. Sift flour once and then measure, add baking powder and sift with flour 3 times. Cream sugar and butter with hands until it fairly oozes through fingers, add vanilla, beat well. Then add flour and milk alternately, beating well each time, lastly fold in the stiffly beaten whites. Bake in layers in moderate oven. MRS. O. P. GIFFIN.

**POTATO CAKE:** 1 cup butter (scant), 2 cups sugar, 1 cup mashed potato,  $\frac{1}{2}$  cup cocoa,  $\frac{1}{2}$  cup sweet milk, 1 cup walnut meats, 2 cups flour, 4 eggs, 1 tsp. soda, 1 tsp. B. P., 1 tsp. each of cloves, cinnamon and nutmeg. Mix, adding beaten egg whites last. Bake as loaf cake in moderate oven. MRS. L. H. KENNEDY.

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**COCOA SPICE CAKE:** 1 cup sugar, 1 cup sour milk, add 1 teaspoon soda, 3 scant tbsp. butter, 1 level teasp. cinnamon,  $\frac{1}{2}$  teasp. cloves,  $\frac{1}{2}$  teasp. nutmeg, 2 tbsp. cocoa, 1 tsp. vanilla, 2 small cups flour,  $\frac{1}{2}$  tsp. baking powder. MRS. RAYMOND LIGGETT.

**SURPRISE CAKE:** 1 cup sugar,  $\frac{1}{2}$  cup butter, 2 eggs,  $2\frac{1}{2}$  cups Swansdown cake flour, 1 heaping tsp. baking powder. Flavor to taste. Put mixture in gem pans and in the center of each put a raisin which has been flavored. MRS. RAYMOND LIGGETT.

**MARBLE CAKE:** **White Part**—3 tablespoons shortening,  $\frac{1}{2}$  cup sugar,  $\frac{1}{2}$  teaspoon lemon extract,  $\frac{1}{2}$  cup milk, 1 cup flour, 2 teaspoons baking powder,  $\frac{1}{4}$  teaspoon salt, white 1 egg. Cream shortening and sugar, add flavoring and milk. Beat well and add flour which has been sifted with baking powder and salt. Fold in egg white. **Dark Part**—3 tablespoons shortening,  $\frac{1}{2}$  cup sugar, yolk 1 egg,  $\frac{1}{2}$  cup milk, 1 cup flour,  $\frac{1}{4}$  teaspoon salt,  $\frac{1}{2}$  teaspoon cloves,  $\frac{1}{2}$  teaspoon allspice, 1 teaspoon cinnamon, 6 teaspoons cocoa. Cream sugar and shortening. Add egg yolk and mix well. Mix in milk, add flour, baking powder, salt, spices, and cocoa sifted together. Put this batter by spoonfuls and the same amount of white batter alternately into greased loaf pan. Bake in moderate oven 45 minutes. MRS. HAROLD REESE.

**SOUR CREAM CHOCOLATE CAKE:**  $\frac{1}{2}$  cup butter, 4 tablespoons cocoa,  $1\frac{1}{4}$  cups sugar, 1 cup liquid, 2 cups flour, 2 teaspoons baking powder,  $\frac{1}{2}$  teaspoon soda, salt, 1 egg. Cream together first 3 ingredients. MRS. L. H. KENNEDY.

**SOUR MILK TEA CAKES:** 1 cup sugar,  $\frac{1}{2}$  cup shortening, 1 cup sour milk, 1 egg, 2 cups flour, nutmeg, 1 teaspoon soda,  $1\frac{1}{2}$  teaspoons baking powder. Bake in gem pans. MRS. L. H. KENNEDY.

**DELICIOUS CHOCOLATE CAKE:** 2 squares chocolate, 1 cup sugar,  $\frac{1}{2}$  cup water, cook together until thick, then cool. 1 cup sugar,  $\frac{1}{2}$  cup butter, 3 eggs, 1 cup milk and 1 level teaspoon soda,  $2\frac{1}{2}$  cups sifted flour, 2 teaspoons baking powder. MRS. RAYMOND LIGGETT.

**WHITE LAYER CAKE:** 1 cup sugar,  $\frac{1}{2}$  cup Crisco, 1 cup water or milk, 4 teaspoons baking powder, 2 cups flour, 1 egg white beaten stiff (add last), vanilla. Makes 2 layers; for large 3 layer cake, double the recipe. MRS. L. H. KENNEDY.

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**VELVET LUNCH CAKE:** 1 cup sugar,  $\frac{1}{2}$  cup shortening, 2 eggs, 2 tablespoons molasses, 1 teaspoon cinnamon, 1 cup sour milk with 1 teaspoon soda,  $1\frac{3}{4}$  cups flour,  $\frac{1}{2}$  cup chopped dates,  $\frac{1}{2}$  cup chopped nuts.

MRS. L. H. KENNEDY.

**SPICE CAKE:**  $1\frac{1}{2}$  cups sugar,  $\frac{3}{4}$  cup butter, cream together, 3 cups flour,  $\frac{1}{2}$  cup raisins,  $1\frac{1}{2}$  teaspoons baking powder, 1 teaspoon cloves, 1 teaspoon soda in  $1\frac{1}{2}$  cups sour milk. Put in greased loaf pan and bake slowly.

MRS. RAMSEY.

**GRAHAM CRACKER CAKE:** 20 graham crackers, rolled and sifted,  $1\frac{1}{4}$  cups sugar, sifted, 2 teaspoon baking powder, sifted in cracker crumbs, 1 cup nut meats ground, 3 eggs beaten separately, 1 egg shell full of water. Bake in two layers, and put together with thin layers of tart jell, and serve with whipped cream.

MRS. TRAUGER.

**DEVIL'S FOOD:** 2 squares chocolate,  $\frac{1}{2}$  cup boiling water,  $1\frac{1}{2}$  cups light brown sugar,  $\frac{1}{2}$  cup butter, 2 eggs,  $\frac{1}{2}$  cup sour milk, 1 teaspoon soda, 1 teaspoon baking powder, 2 cups flour, 1 teaspoon vanilla. Cream butter and sugar and well beaten yolks of eggs. Dissolve soda in boiling water then put in milk. Sift baking powder. flour and beat in with other. Beat well and add chocolate dissolved. Add whites of eggs. Filling:  $\frac{1}{2}$  lb. figs chopped, 1 cup water, 1 cup sugar. Boil slowly, cool.

MRS. CALHOUN.

**SUNSHINE CAKE:** Whites of 7 eggs, yolks of 5 eggs, 1 cup sugar,  $\frac{2}{3}$  cup flour,  $\frac{1}{3}$  teaspoon cream of tartar, salt. Beat yolk of eggs well. Beat whites about half and then add cream of tartar. Beat until very stiff, stir in sugar lightly, stir in beaten egg yolks. Add flour and fold in lightly and slowly. Bake 25 to 50 minutes at 300 degrees. Have oven hot to put cake in and then turn down to slow oven while cake bakes.

MRS. C. P. SNYDER.

**WHITE CAKE (large):** 1 cup butter, 2 cups sugar, 1 cup milk,  $1\frac{1}{2}$  teaspoons extract,  $3\frac{1}{2}$  cups pastry flour or 3 cups bread flour,  $\frac{1}{2}$  teaspoon salt,  $3\frac{1}{2}$  teaspoons baking powder, 6 egg whites. Sift dry ingredients together. Blend sugar and butter thoroughly then add alternately the milk and dry ingredients, and lastly fold in the well beaten whites and extract. The secret of a white cake is to thoroughly cream the butter and sugar and to fold in the egg whites, not stir them in. Bake in oven 350 degrees for 35 minutes.

MRS. R. J. SIPHERD.

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**CHOCOLATE CAKE:** 1 cup sugar, 1 heaping tablespoon shortening, 1 egg, 2 squares melted chocolate, 1 cup sour milk, 1 level teaspoon soda,  $1\frac{1}{2}$  cups sifted flour, 1 teaspoon salt, 1 teaspoon vanilla. Mix sugar and shortening, add egg and beat until creamy. Add chocolate and remaining ingredients and beat about 5 minutes. Bake slowly.

MRS. SPICER.

**3 EGG SUNSHINE CAKE:** 3 tablespoons shortening,  $\frac{3}{4}$  cup sugar, yolks of 3 eggs, 1 teaspoon flavoring,  $1\frac{1}{2}$  cups flour, 1 teaspoon baking powder,  $\frac{1}{2}$  cup milk. Mix in usual fashion and bake in a greased loaf pan in moderate oven 35 to 45 minutes.

HELEN GURNEY.

**NUT CAKE:**  $\frac{1}{3}$  cup butter, 1 cup sugar, 1 egg,  $\frac{2}{3}$  cup milk,  $1\frac{1}{2}$  cups flour, 2 teaspoons baking powder,  $\frac{1}{4}$  teaspoon salt, 1 teaspoon cinnamon,  $\frac{1}{3}$  cup nuts, or more, 1 teaspoon vanilla,  $\frac{1}{2}$  teaspoon lemon. Cream the butter and sugar and add the whole egg and beat. Sift all the dry ingredients and add alternately with the milk. Add the flavoring and nuts and bake in a moderate oven.

MRS. R. J. SIPHERD.

**BURNT SUGAR CAKE:**  $\frac{1}{2}$  cup of sugar—burn sugar and add  $\frac{1}{2}$  cup hot water. Cake:  $1\frac{1}{2}$  cup sugar,  $\frac{1}{4}$  lb. of butter, pinch of salt, 2 egg yolks, 1 cup water, 5 tablespoons burnt sugar,  $2\frac{1}{2}$  cups flour, 2 teaspoons baking powder, vanilla. Cream sugar and butter and salt. Add egg yolks, water burnt sugar, flour, baking powder and vanilla.

MRS. BOYCE.

**WALNUT BARS:** 1 egg beaten well, 1 cup brown sugar,  $\frac{1}{8}$  teaspoon each salt and soda, 5 tablespoons flour, 1 cup chopped nuts. Spread on greased pan  $\frac{1}{2}$  inch thick or less. Bake in slow oven 20 minutes—cut in squares.

MRS. JUNE.

**DEVIL'S FOOD CAKE:** About  $\frac{1}{4}$  lb. of butter or shortening,  $1\frac{1}{2}$  cups of sugar, 2 cups of flour, 2 eggs, 1 cup sour milk, 1 teaspoon baking soda, 1 teaspoon baking powder,  $\frac{1}{2}$  cup cocoa. Mix cocoa with a little warm water to dissolve, then put in sour milk with baking soda. Cream shortening, add sugar, then eggs (well beaten), sift flour and baking powder together, then add alternately to creamed mixture the cocoa and sour milk. Beat well.

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MRS. JUNE.

**ANGEL SPONGE CAKE:**  $1\frac{1}{4}$  cups egg whites, 1 cup plus 2 tablespoons sugar,  $\frac{1}{2}$  teaspoon salt, 1 teaspoon cream tartar, 6 egg yolks,  $\frac{1}{2}$  cup cake flour for white part; and  $\frac{1}{2}$  teaspoon vanilla,  $\frac{2}{3}$  cup cake flour for yellow part; and  $\frac{1}{2}$  teaspoon orange extract. Beat egg whites until foamy. Add salt and cream of tartar, beat until stiff but not dry. Carefully fold in the sugar and divide mixture in 2 parts. To one part carefully fold in  $\frac{1}{2}$  cup flour, sifted 5 times, and  $\frac{1}{2}$  teaspoon vanilla. To the other, fold in 6 beaten egg yolks,  $\frac{2}{3}$  cup flour, sifted 5 times and extract. Put by spoonfuls into ungreased Angel Food cake pan alternating yellow and white. Bake 60 minutes in slow oven. Invert pan, let stand 40 minutes.

MRS. L. B. PAYNE.

**PRUNE CAKE:**  $1\frac{1}{2}$  cups sugar,  $\frac{1}{2}$  cup shortening, 1 cup stewed prunes, pitted,  $2\frac{1}{2}$  cups flour, 3 eggs,  $1\frac{1}{2}$  cups sour milk or buttermilk, 1 teaspoon soda dissolved in  $\frac{1}{3}$  cup warm water, 1 teaspoon cinnamon, nutmeg, 1 teaspoon vanilla. Cream sugar and shortening, add prunes. Beat well. Then add beaten egg yolks, flour and milk alternately; spices and vanilla. Lastly beaten egg whites. Bake in layers.

MRS. BOYCE.

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## CONFECTIONS AND ICINGS

Editor—Mrs. Trauger

**UNCOOKED FONDANT:** White of 1 egg,  $\frac{1}{2}$  tablespoon cold water,  $\frac{3}{4}$  teaspoon vanilla, 1 lb. powdered sugar, English walnuts. Put egg, water, and vanilla in a bowl and beat until well blended. Add sugar gradually until stiff enough to knead. Shape in balls, flatten and place halves of walnuts on each piece. Different coloring may be used, or different flavors, shapes, and nuts.

MRS. L. H. KENNEDY.

**NUT LOAF:** 3 pts. sugar,  $1\frac{1}{2}$  pts. cream, 1 pt. white corn syrup. Cook until you can form a soft ball in cold water. Remove from fire. Let cool. Beat until creamy and stir in 3 or 4 cups of walnuts. Pour in greased mould and cut in squares.

MRS. TRAUGER.

**BUTTER SCOTCH CANDY:** 2 cups brown sugar, 2 teaspoons vinegar, 1 cup butter, 1 cup water,  $\frac{1}{2}$  tablespoon vanilla. Put in smooth saucepan. Boil without stirring until it is brittle in cold water. Pour into buttered tin  $\frac{1}{3}$  inch in thickness. Mark in squares.

MRS. L. H. KENNEDY.

**POPCORN BALLS:** 2 cups syrup (dark Karo), 2 cups sugar, 2 tablespoons butter, 1 teaspoon vinegar. Cook until syrup forms hard ball in water. Add  $\frac{1}{2}$  teaspoon soda dissolved in 1 tablespoon hot water. Pour over 10-12 quarts of freshly popped and salted popcorn. Mold into balls when cool. Makes 40 balls.

MRS. L. H. KENNEDY.

**COCOA ICING:**  $\frac{1}{2}$  cup Crisco, 1 egg white,  $\frac{1}{4}$  cup cocoa, 2 cups powdered sugar, 2 tablespoons boiling water,  $\frac{1}{4}$  teaspoon salt. Blend Crisco, egg and salt. Add sugar and cocoa, which have been mixed together, alternately with boiling water. Beat well.

**NUT FILLING:** 1 lb. powdered sugar,  $\frac{1}{2}$  cup nucoa, 1 cup chopped nuts. Blend sugar and nucoa together. Add enough milk so it will spread well. Add 1 teaspoon vanilla and nuts.

MRS. O. P. GIFFIN.

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**BOSTON CREAMS:** 3 cups sugar, 2 cups milk, 1 cup Karo, 1 cup nuts, 1 cup dates or raisins. Cook sugar, milk and Karo until soft ball forms in water. Remove from fire, add butter—dates and nuts. Beat and stir until very very stiff. VELMA SNYDER.

**BOILED FROSTING:**  $1\frac{1}{2}$  cups sugar, white of 1 egg, 4 tablespoons water. Flavoring. MRS. TRAUGER.

**PEANUT BUTTER FUDGE:** 2 cups sugar, 4 tablespoons white Karo, 1 cup milk. Mix thoroughly, boil until mixture forms a soft ball in cold water. Add 1 teaspoon vanilla and 1 large cup peanut butter. Beat until creamy then pour in buttered pan.

MRS. PAUL CAREY

**CHOCOLATE FUDGE:** 4 cups sugar, 1 cup white Karo, 1 cup water, 5 tablespoons cocoa. Cook to hard ball in cold water—take off and add butter and vanilla. Add slowly to 3 egg whites beaten stiff. Beat until creamy. Add nuts. Pour into buttered pan, and mark in squares.

MRS. L. H. KENNEDY

**COCOANUT BARS:** 2 cups sugar, 1 teaspoon Karo syrup,  $\frac{1}{4}$  teaspoon cream of tartar,  $\frac{1}{2}$  cup milk,  $\frac{1}{2}$  cup butter. Cook until it forms a firm ball in water. Remove from fire and allow to cool, then add 1 teaspoon almond flavoring and 1 cup cocoanut. Beat until creamy. Pour on buttered pan and cut in bars.

EDITH B. FISHER

**PEANUT BUTTER FUDGE:** 1 cup brown sugar, 1 cup white sugar,  $\frac{2}{3}$  cup milk,  $\frac{1}{2}$  cup peanut butter. Boil sugar and milk until it forms a soft ball. Add peanut butter. Beat until creamy. Pour into buttered pan and mark in bars. MRS. L. H. KENNEDY.

**CHOCOLATE FILLING:** 2 cups powdered sugar, 1 square chocolate, cut fine. Pour over this  $\frac{3}{4}$  tablespoon of boiling water. Add sugar and 1 large tablespoon of nucoa. Cream together and spread on cake.

MRS. O. P. GIFFIN.

**SEVEN-MINUTE ICING:**  $\frac{7}{8}$  cup sugar, 1 egg white, 3 tablespoons cold water. Put in double boiler and beat 6—7 minutes over boiling water.

MRS. C. P. SNYDER.

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## COOKIES

Editor—Mrs. Fisher

**BROWNIES:** (1) 2 squares melted chocolate,  $\frac{1}{2}$  cup melted butter. (2) Beat 3 eggs, add  $\frac{3}{4}$  cup flour,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{2}$  teaspoon baking powder and 1 cup sugar. Mix 1 and 2 together, add vanilla, 1 cup chopped nuts. Spread  $\frac{1}{4}$  inch thick in tins and bake 20 to 30 minutes. Let cool slightly before cutting in squares or wafer shapes.

MRS. L. H. KENNEDY.

**OATMEAL COOKIES:** 1 cup lard melted,  $1\frac{1}{2}$  cups brown sugar, 2 eggs,  $\frac{3}{4}$  teaspoon soda in  $\frac{1}{4}$  cup hot water, 1 teaspoon cinnamon, 1 teaspoon cocoa, 2 cups flour, 2 cups oatmeal, 1 cup raisins, 1 cup chopped nuts, 1 cup shredded cocoanut. Drop from spoon on greased pans to bake.

MRS. ROY LIGGETT.

**PEANUT COOKIES:** 4 tablespoons butter, 1 cup sugar, 2 eggs, 2 cups flour, 4 tablespoons milk,  $\frac{1}{2}$  teaspoon salt, 2 teaspoons baking powder, 1 cup chopped nuts.

MRS. E. H. RALPH.

**FILLED COOKIES:**  $\frac{1}{3}$  cup shortening, 1 cup sugar, 1 egg,  $\frac{1}{2}$  cup milk,  $3\frac{1}{2}$  cups flour, 1 teaspoon salt, 4 teaspoons baking powder. Filling: 2 teaspoons flour,  $\frac{1}{2}$  cup sugar,  $\frac{1}{2}$  cup water, 1 cup figs and raisins.

MRS. SPICER.

**OAT MEAL COOKIES:** 1 egg,  $\frac{1}{2}$  cup sour milk, 1 teaspoon soda—level,  $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  cup lard,  $1\frac{1}{2}$  cups sugar, 2 cups rolled oats, 2 cups flour, 1 cup nuts, 1 cup raisins, 1 cup cocoanut.

MRS. SPICER.

**CREAM PUFFS:**  $\frac{1}{2}$  cup shortening, 1 cup boiling water, 3 eggs, 1 cup flour,  $\frac{1}{8}$  teaspoon salt, 2 teaspoons baking powder. Heat water and shortening until they boil up well; add flour sifted with salt, all at once and stir vigorously. Remove from fire as soon as mixed. Add unbeaten eggs one at a time beating well after each addition of each egg. Cool and add baking powder. Mix well and drop by spoonfuls  $1\frac{1}{2}$  inches apart on greased tin. Make round with a wet spoon. Bake 23 minutes in a hot oven. With sharp knife cut to admit custard or whipped cream.

MRS. L. H. KENNEDY.

## HEWITT'S

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**PEANUT COOKIES:** Mix and sift: 2 cups flour,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{2}$  teaspoon soda. Add: 1 cup brown sugar,  $\frac{1}{2}$  cup melted shortening. 1 egg well beaten,  $\frac{1}{2}$  cup sour milk, 1 teaspoon vanilla,  $\frac{3}{4}$  cup ground peanuts. Drop on pans and sprinkle tops with a few ground peanuts.

MRS. L. H. KENNEDY.

**ROCKS:**  $1\frac{1}{2}$  cups sugar, 1 scant cup butter,  $\frac{1}{2}$  pound walnuts, 1 box seeded raisins, 3 cups flour, 3 eggs beaten separately, 1 teaspoon cinnamon, pinch salt, 1 teaspoon soda dissolved in  $\frac{1}{3}$  cup boiling water. Drop from spoon into greased pans and bake.

MRS. O. P. GIFFIN.

**FROSTED CREAMS:** 1 cup molasses, 1 teaspoon soda, 1 cup brown sugar, 1 cup lard, scant, flour, 1 cup boiling water, vanilla, 2 small teaspoons baking powder, 1 teaspoon cinnamon, 2 teaspoons ginger. Have dough as soft as can be handled. Roll on under side of greased pans. Bake in quick oven. Ice, cut in squares the size you like.

MRS. ROY LIGGETT.

**DATE COOKIES:** 1 egg,  $\frac{1}{3}$  cup sugar,  $\frac{3}{4}$  cup dates,  $\frac{1}{2}$  cup flour,  $1\frac{1}{2}$  teaspoons baking powder,  $\frac{1}{4}$  teaspoon salt,  $\frac{3}{4}$  cup nuts. Method: Beat egg until light, add sugar and dates stoned and cut fine. Sift flour with baking powder and salt. Mix well, drop from tip of spoon on greased tin sheet and bake 10 minutes in a slow oven of 325 degrees.

MRS. C. P. SNYDER.

**YUM YUMS OR DATE BARS:** 1 egg, 1 cup sugar,  $\frac{1}{2}$  cup sweet milk, 1 cup flour, 2 teaspoons baking powder,  $\frac{1}{4}$  teaspoon salt, 1 package chopped dates (1 cupful), 1 cup chopped nuts. Bake in sheet pan, cut in squares. Roll in powdered sugar.

MRS. ROY LIGGETT.

**JELLY JUMBLES:**  $\frac{1}{2}$  cup fat, 1 cup sugar, 1 egg,  $\frac{1}{2}$  cup sour milk,  $1\frac{1}{2}$  cups or more of flour,  $\frac{1}{4}$  teaspoon salt,  $\frac{1}{2}$  teaspoon soda, currant jelly. Cream the fat and sugar together. Add the eggs, then the milk lastly, flour mixed with the soda and salt. Then enough flour to stiffen so that dough can be handled readily. On the centers of half the pieces put some jelly and place a piece on each one of these with the center cut out with a doughnut cutter. Press the edges slightly and bake in a moderately hot oven.

MRS. E. H. RALPH.

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**CHOCOLATE DROP COOKIES:**  $\frac{1}{2}$  cup Crisco, 1 cup sugar, 2 eggs, 3 squares chocolate,  $\frac{1}{2}$  cup sweet milk, 1 teaspoon vanilla,  $1\frac{1}{2}$  cups nuts and raisins, 2 teaspoons baking powder,  $1\frac{1}{2}$  cups flour. Cream Crisco and sugar. Add eggs well beaten and melted chocolate. Add milk, vanilla, nuts and raisins, baking powder and flour. Drop by teaspoonfuls in hot Criscoed pan and bake in hot oven. MRS. L. H. KENNEDY.

**ICE BOX COOKIES:** 1 cup white sugar, 1 cup brown sugar, 1 cup melted Crisco, 2 eggs beaten,  $\frac{1}{2}$  teaspoon soda dissolved in 1 tablespoon hot water, 4 cups flour, 1 teaspoon baking powder, 1 cup nuts, 1 teaspoon vanilla, salt. Mix and make into a roll. Place in ice box for 24 hours. Then slice and bake. MRS. TRAUGER.

**GOOD DOUGHNUTS:** 2 eggs well beaten, 1 cup sugar (scant), 4 tablespoons melted Crisco, 1 cup rich milk, salt, nutmeg, 4 cups flour, 3 heaping teaspoons baking powder. Let stand ten minutes after cutting out. Fry in deep fat. MRS. L. H. KENNEDY.

**COOKIES:** 1 cup white sugar, 1 cup brown sugar, 1 cup lard, 2 eggs, 1 cup sour milk,  $3\frac{1}{2}$  cups flour, 1 cup each raisins and nuts, 1 teaspoon soda, 1 teaspoon baking powder,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{2}$  teaspoon nutmeg,  $\frac{1}{2}$  teaspoon cinnamon. MRS. EDWARD McLAVY.

**CHOCOLATE COOKIES:** 1 cup brown sugar,  $\frac{1}{2}$  cup butter, 1 large egg, 2 squares melted chocolate or 2 tablespoons cocoa,  $\frac{1}{2}$  cup sweet milk,  $\frac{1}{2}$  teaspoon soda,  $1\frac{1}{2}$  cups flour, 1 cup nuts, 1 teaspoon vanilla. Mix and drop from spoon on greased tin. Frost with 2 squares of chocolate or 2 tablespoons cocoa, powdered sugar and vanilla. MRS. TRAUGER.

**FILLED COOKIES:** 1 cup sugar,  $\frac{1}{2}$  cup butter, 1 egg;  $\frac{1}{2}$  cup milk, 1 teaspoon soda, 2 teaspoons cream of tartar, 2 teaspoons baking powder, 1 teaspoon vanilla,  $3\frac{1}{2}$  cups sifted flour. Filling: 1 cup seeded raisins,  $\frac{1}{2}$  cup sugar,  $\frac{1}{2}$  cup water, 1 tablespoon flour,  $\frac{1}{2}$  cup chopped walnuts. Cook filling together until thick; raisins, sugar and water and flour. Then add nuts. Roll out cookies, place filling between two and press down edges. Bake on cookie sheet until a golden brown. Makes three dozen medium sized cookies. MRS. C. M. RALPH.

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**MASHED POTATO DOUGHNUTS:** 2 cups hot mashed potatoes, 4 tablespoons shortening, 3 cups sugar, 4 eggs, 5 teaspoons baking powder, 3 cups milk, 1 teaspoon salt, 1 teaspoon nutmeg. Flour to stiffen.

MRS. L. H. KENNEDY.

**DROP COOKIES:** 1½ cups sugar, ½ cup butter, 2 eggs, 1 cup chopped raisins, 1 cup chopped English walnuts, ¼ square Baker's chocolate, 1 large teaspoon baking powder, flour to make a stiff batter, ½ teaspoon cinnamon, ½ teaspoon nutmeg, ½ teaspoon cloves, ½ teaspoon soda, 1 cup sour milk. Cream sugar and butter, add well beaten eggs, add spices, dissolve soda in 1 tablespoon boiling water, dissolve chocolate in 2 tablespoons boiling water, then add to other ingredients. Sift baking powder and flour together. Soak raisins in water. Add raisins and walnuts. Make a stiff batter and drop in well greased pans not too close together.

MRS. ROY LIGGETT.

**QUAKER OATS MACAROONS:** 1 cup oats, 1 cup sugar, ½ cup butter, 2 teaspoons flour, ¼ teaspoon salt, ½ teaspoon vanilla, 1 egg, ¼ teaspoon baking powder. Beat egg thoroughly, mix all ingredients, drop from teaspoon on greased and floured pans. Space 3 inches apart. Bake 15 minutes and remove from pan while warm.

MRS. RAMSEY.

**SOUR MILK COOKIES:** 2 cups sugar, 1 heaping cup butter and lard, 3 eggs, not quite a cup of sour milk, 1 teaspoon soda. Flour enough to handle, the softer the dough the better.

MRS. GEO. K. FISHER.

**DROP GINGER COOKIES:** 1 large cup sugar, 2/3 cup butter, 1 egg, 1 1/3 cups baking syrup, 4 cups flour, 1 teaspoon ginger, 1 teaspoon cinnamon, 1 cup luke warm water, 2 teaspoons soda. Drop small pieces in pan and bake in quick oven.

MRS. MYRTLE NELSON.

**SCOTCH COOKIES:** 1½ pints brown sugar, ½ pint molasses, ¾ pint lard and butter, 4 pints flour, 3 eggs, 1 tablespoon soda, ½ teaspoon ginger, cinnamon and allspice. Take yolk of 1 egg and brush cookies.

MRS. PAUL CAREY.

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## DESSERTS

Editor—Mrs. Roy French

**CARMEL PUDDING:** 1 can Eagle Brand milk,  $\frac{1}{2}$  pint whipped cream,  $\frac{1}{2}$  cup chopped walnuts. Boil the Eagle Brand milk just as it comes in the closed can for 3 hours, keeping covered with water. Remove from water at end of that time and chill. Serve covered with cream and nuts. An unbelievably delicious carmel dessert. Serve with vanilla wafers. MRS. RALPH.

**DATE AND WALNUT TORTE:** 1 cup of bread crumbs, 1 cup of sugar,  $\frac{1}{2}$  cup of minced dates,  $\frac{1}{2}$  cup of chopped walnuts, 3 eggs. Beat yolks of eggs and add sugar and then add to whites, which have been beaten stiff. Mix bread crumbs, dates, and walnuts thoroughly and fold into the egg mixture. Pour into buttered baking dish and bake in moderate oven one hour. When cold cover with sweetened whipped cream. MRS. G. B. DILLON.

**MARSHMALLOW FLOAT:**  $\frac{1}{2}$  lb. marshmallow cut fine, 1 cup whipping cream,  $1\frac{1}{2}$  tablespoons sugar, whites of 2 eggs beaten stiff, 1 cup bananas, 1 cup nuts, flavor to taste. Beat egg whites, marshmallows and bananas together. Fold in whipped cream, and let stand  $1\frac{1}{2}$  hours before seving. Serves 10. MRS. C. P. SNYDER.

**BERRY ROLL:** 5 tablespoons lard, 2 cups flour, 5 teaspoons baking powder,  $\frac{3}{4}$  cup milk, 1 teaspoon salt, butter and sugar. Sift dry ingredients, cut in lard. Add milk and roll  $\frac{1}{4}$  inch thick. Butter. Cover with fresh berries. Sprinkle with sugar. Roll. Bake in moderate oven. Slice and serve with cream. EDITH B. FISHER.

**BANANA SNOW WHIP:** 3 bananas,  $\frac{1}{2}$  cup powdered sugar, 2 tablespoons lemon juice, 1 cup cream whipped, 1 cup cocoanut. Slice bananas, add the sugar and lemon juice. Set mixture in cool place one hour. Then add the whipped cream or whites of 3 eggs beaten stiff and the cocoanut. Serve with custard sauce. MRS. G. B. DILLON.

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**PINEAPPLE CREAM:** Soak  $1\frac{1}{3}$  package gelatine in  $\frac{1}{2}$  cup cold water. Add  $\frac{1}{2}$  cup boiling water and stir until gelatine is dissolved, add  $\frac{1}{2}$  cup sugar, 1 pint sliced pineapple diced, and 2 tablespoons lemon juice. When mixture begins to congeal stir in pint whipped cream and chill.

HELEN GURNEY.

**MARSHMALLOW PUDDING:** 1 tablespoon gelatine in  $\frac{1}{2}$  cup cold water. In 10 minutes fill with boiling water. Add one cup sugar, strain, let cool. Add whites of three unbeaten eggs, beat 20 minutes or until thick enough to shake from fork. Add 1 teaspoon vanilla, separate into three parts. Add 3 tablespoons cocoa to one, pink coloring to another, leave the other white. Place the layers on top of each other. Make at least one or two hours before serving.

MRS. KERR.

**"FOOD FOR THE GODS":**  $1\frac{1}{2}$  cups sugar, 6 egg whites, 1 cup cracker crumbs, 1 cup dates, 1 cup nuts, 2 teaspoons baking powder. Bake slowly, serve with whipped cream. MRS. SPICER.

**DATE PUDDING:** 3 eggs, 1 cup sugar, 1 cup bread crumbs, 1 cup chopped dates,  $\frac{1}{2}$  cup chopped nuts, 1 teaspoon vanilla. Beat whites of eggs stiffly and add with beaten yolks to the other ingredients. Bake slowly 25 minutes.

MRS. L. H. WALTER.

**BLACKBERRY COBBLER:** Wash blackberries, place in baking dish, and sweeten to taste, and if to the sugar you will add  $\frac{1}{2}$  teaspoon cornstarch for each cup of berries and juice, you will like it better. Mix 2 cups flour, 4 teaspoons baking powder,  $\frac{3}{4}$  teaspoons salt and 2 tablespoons of sugar, then work in 4 tablespoons of shortening, butter substitute if preferred, and add either  $\frac{1}{2}$  cup milk and 1 well beaten egg or omit the egg and add a scant  $\frac{3}{4}$  cup of milk. Roll to  $\frac{1}{8}$  inch thickness, then either cut in squares and place on top of the berries, or else leave in one top cover, pricking with a fork, and bake until done.

MRS. L. H. KENNEDY.

**CARROT PUDDING:** 1 cup grated carrots, 1 cup grated potatoes, 1 cup flour, 2 cups raisins, 1 teaspoon soda, mix with potatoes,  $\frac{1}{4}$  teaspoon cloves,  $\frac{1}{2}$  teaspoon nutmeg, 2 teaspoons cinnamon,  $\frac{1}{4}$  cup melted butter, 1 cup sugar,  $\frac{1}{2}$  teaspoon salt. Put in greased baking powder cans, put on a grate in pan with a little water, cover and steam 3 hours.

MRS. RAMSEY.

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**ORANGE SHORTCAKE:** Mix 2 cups flour, 6 teaspoons baking powder, 1 teaspoon salt, 1 tablespoon sugar together four times. Work in 6 tablespoons shortening with fingertips. Beat 2 egg yolks, add milk to make  $\frac{3}{4}$  cup. Stir this into flour, mixing with a knife. Put on board, knead slightly, roll, cut out with large biscuit cutter and bake in hot oven. Split the shortcakes, butter, and fill with oranges peeled and sliced thin and sweetened. Serve with ice cream or whipped cream. MRS. L. H. WALTER.

**DARSET PUDDING:** 2 cups whipped cream,  $\frac{1}{2}$  box Knox gelatine,  $\frac{1}{2}$  cup cold water, 1 pint milk, 4 eggs, 1 cup sugar. Make custard of sugar, milk and egg yolks, add gelatine previously soaked in water. When this is cold fold in stiffly beaten egg whites, as this begins to harden add whipped cream. Serve with whipped cream. MRS. SPICER.

**APPLE ROLL:** Roll pie dough out and place on it apples, cut fine, sugar and roll up, put in pan. Make syrup by boiling together 1 cup sugar,  $\frac{1}{2}$  cup water,  $\frac{1}{2}$  teaspoon cinnamon or nutmeg, for 5 minutes. Pour half of syrup over roll, reserve other half to serve as sauce. Bake 30 minutes, basting from time to time.

MRS. RAMSEY.

**"MRS. BOYER'S" DESSERT:** 3 eggs, 1 cup sour cream, 1 cup maple syrup, cook in double boiler until thick like a custard. When cool add: 1 teaspoon vanilla, 1 cup chopped nuts, 12 marshmallows quartered, 1 cup dates, chopped. Fold in 1 cup whipped cream or ice cream.

MRS. L. H. KENNEDY.

**SWEET POTATO AND FIG PUDDING:** 4 sweet potatoes, peeled and quartered, 10 figs. Boil in salted water about 30 minutes, drain and pass through meat grinder. Mix together 2 cups scalded milk, 3 eggs, and  $\frac{1}{2}$  cup sugar, and add to potato and fig pulp. Pour in pudding dish, set in pan of hot water, bake in moderate oven about 25 minutes.

MRS. HELEN GURNEY.

**APPLE PUDDING:** 1 egg,  $\frac{2}{3}$  cup sugar,  $\frac{1}{2}$  cup sour milk, 1 tablespoon lard, 1 teaspoon soda, 1 teaspoon cinnamon, 1 scant teaspoon cloves. Flour enough to make a batter. Butter basin, slice apples, sprinkle sugar and cinnamon over them, then turn batter over them and bake  $\frac{1}{2}$  hour.

MRS. B. H. TRAUGER.

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**STRAWBERRY WHIP:** 1 cup whole strawberries, 1 cup sugar, white of 1 egg. Mix together and whip (not with a Dover beater, but a wire whip) until stiff. Chill well, serve alone or over whole strawberries.

MRS. L. H. KENNEDY.

**DELICIOUS CHOCOLATE PUDDING:**  $1\frac{3}{4}$  cups scalded milk,  $\frac{1}{4}$  cup milk, 4 tablespoons cornstarch, 3 tablespoons sugar, 2 tablespoons cocoa, pinch of salt, 1 teaspoon vanilla ( $\frac{1}{2}$  cup chopped walnuts may be added if desired). Mix dry ingredients well and slowly add the  $\frac{1}{4}$  cup milk so that it may be smooth. Stir very slowly into hot  $1\frac{3}{4}$  cups milk which is in a double boiler. Cook 20 minutes with top covered to prevent a scum from forming. When taken from fire add vanilla and walnuts and turn into molds which have been dipped in cold water. Serve cold. Very nice with bananas and cream or if used as a fancy dessert cover with whipped cream and chopped nuts.

MRS. RALPH.

**MARSHMALLOW CREAM:**  $\frac{1}{2}$  envelope Knox gelatine,  $\frac{1}{2}$  cup cold water,  $\frac{1}{2}$  cup boiling water, whites 4 eggs, 1 cup sugar, 1 teaspoon vanilla, 1 teaspoon lemon,  $1\frac{1}{2}$  squares chocolate. Soak gelatin in cold water for 5 minutes. Add boiling water, cool and add sugar. Beat whites of eggs very light. Add gelatine slowly. Divide quickly in three parts. To one add vanilla and color pink. To another add melted chocolate and vanilla. To the other add nut meats and lemon flavoring. Pour in layers into pan. Chill and cut in slices. Serve with or without whipped cream.

MRS. L. H. KENNEDY.

**ORANGE ICE CREAM:** 4 oranges, 1 lemon, 2 bananas, put through potato ricer,  $\frac{1}{2}$  pint cream, top half of quart of milk, 1 egg, white stiffly beaten, 1 cup sugar. Makes 2 quart freezer full.

MRS. SPICER.

**DATE PUDDING (4 portions):** 2 egg whites stiffly beaten, 4 tablespoons powdered sugar, 10 dates cut fine, 3 tablespoons nuts cut fine,  $\frac{1}{8}$  teaspoon vanilla,  $\frac{1}{8}$  teaspoon salt,  $\frac{1}{4}$  teaspoon baking powder. Beat eggs stiffly, add nut meats, dates, vanilla and salt, sugar, baking powder. Place in a well buttered tin mould or a pan and bake in a moderate oven for 25 minutes. Allow the mould to stand in a pan of hot water while in the oven. Serve hot.

MRS. L. W. McKEE.

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**DELECTABLE SHORTCAKE SAUCE:** 1 cup powdered sugar,  $\frac{1}{4}$  cup butter, 1 cup crushed strawberries, 1 egg white. Cream butter and sugar together, add egg white beaten, then the berries and beat all together until very light and foamy. MRS. E. H. RALPH.

**FRUIT TAPIOCA PUDDING:** 1 scant cup minute tapioca, 1 quart cold water. Cook in double boiler 20 to 30 minutes. Add vanilla and butter to taste. Set aside to cool. Pour 2 cups of sugar over 2 boxes of berries. Pour tapioca over fruit and place in ice box.

MRS. B. H. TRAUGER.

**FRUIT ICE:** 3 pints water,  $3\frac{1}{4}$  cups sugar, 3 lemons, 3 oranges, 3 bananas, pineapple (crushed). Make syrup of sugar and water. Cool. Crush bananas. Extract juice from fruit. Mix together and freeze.

MRS. L. H. KENNEDY.

**BAKED QUINCES:** Choose quinces quite ripe, rub off down and pack closely in a dish. Do not pare or core them. Add  $\frac{1}{2}$  cup water and bake in a moderate oven 3 or 4 hours. When they are perfectly tender, skin, and cut them up cutting as close to the core as possible. Sprinkle with sugar liberally as you proceed and pour the juice in the dish over them. Serve very cold with cream.

MRS. E. H. RALPH.

**COTTAGE PUDDING:**  $1\frac{1}{2}$  cups flour, 3 teaspoons baking powder,  $\frac{1}{4}$  teaspoon salt,  $\frac{1}{2}$  cup sugar, 1 egg,  $\frac{1}{2}$  cup milk,  $\frac{1}{2}$  teaspoon vanilla. 3 tablespoons melted butter. Mix flour, baking powder, salt and sugar. Add egg, milk, and vanilla, and beat one minute. Add melted butter, and pour into a well buttered pan. Bake 20 minutes in a moderate oven. Serve warm with vanilla sauce.

**Vanilla Sauce:**  $\frac{2}{3}$  cup sugar, 3 tablespoons flour, 1 teaspoon vanilla,  $\frac{1}{2}$  teaspoon lemon extract,  $\frac{1}{4}$  teaspoon salt,  $1\frac{1}{2}$  cups water, 1 teaspoon butter. Mix the sugar, flour and salt thoroughly. Add water slowly. Boil 2 minutes, add vanilla, lemon, and butter. Beat 1 minute and serve.

MRS. L. W. McKEE.

**MARSHMALLOW CREAM:** Break half pound of marshmallows into bits and whip to a stiff broth  $\frac{1}{2}$  pint of cream. Chop  $\frac{1}{2}$  cup of nuts and mix all together, flavor with vanilla. Chill for several hours, then arrange halved and split lady fingers in sherbet glasses and fill with the cream. Garnish with half nut meats or maraschino cherries.

MRS. E. H. RALPH.

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LONG BEACH  
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**BROWN BETTY:** 2 cups sliced apples, 1 cup fresh bread crumbs,  $\frac{1}{4}$  cup brown sugar, 1 teaspoon cinnamon, 3 tablespoons butter,  $\frac{1}{2}$  cup water. Mix apples, all but two tablespoons of bread crumbs, brown sugar, and cinnamon. Add melted butter and pour into buttered baking dish. Pour the water over the whole mixture. Use the remainder of the crumbs and a little melted butter for the top. Bake 45 minutes in a moderate oven. Serve hot or cold with hard sauce.

MRS. L. W. McKEE.

**TROY PUDDING:** 1 cup molasses, 1 teaspoon soda,  $1\frac{1}{2}$  cups flour, 1 cup beef suet,  $\frac{1}{2}$  cup sweet milk, 1 teaspoon salt, 1 cup chopped raisins. Steam 2 hours.

**Sauce:** 1 cup powdered sugar,  $\frac{1}{2}$  cup butter or nucoa, 1 small tablespoon cornstarch, add  $\frac{1}{2}$  cup boiling water. Let come to a boil. Serve over pudding.

MRS. O. P. GIFFIN.

**MAPLE FRANGO:** 1 cup maple syrup. Whip yolks of 6 eggs. Mix with syrup. Cook in double boiler until thick. Let cool. Fold in stiffly beaten whites of eggs. Fold in whipped cream. Pack in freezer in salt and ice for several hours.

EDITH B. FISHER.

**LAFAYETTE PUDDING:** Pour  $1\frac{1}{2}$  cups boiling water over 1 cup rolled crackers. Add  $\frac{1}{2}$  cup molasses and 1 cup raisins, 1 teaspoon vanilla, and  $\frac{1}{4}$  teaspoon salt. Mix all together and put into pudding dish and bake. Serve with sauce. MRS. HELEN GURNEY.

**ENGLISH CARROT PUDDING:** 1 lb. grated carrots,  $\frac{3}{4}$  lb. chopped suet,  $\frac{1}{2}$  lb. raisins,  $\frac{1}{2}$  lb. currants, 4 tablespoons sugar, 8 tablespoons flour. Spices to suit the taste. 2 teaspoons baking powder.

MRS. E. H. RALPH.

**HEAVENLY HASH:** Take cold boiled rice, and add to it 1 can of cut pineapple, 1 cup of ground nut meats, 1 cup of cut up marshmallows, and enough whipped cream to make it real moist. Serve ice cold in tall glasses and top with cherry.

MRS. B. H. TRAUGER.

**PINEAPPLE DELIGHT:** 1 small can sliced pineapple,  $\frac{1}{2}$  pound chopped marshmallows,  $\frac{1}{2}$  pint cream. Soak marshmallows in pineapple juice until soft. Just before serving, mix with whipped cream and pineapple cut in small pieces. MRS. E. H. RALPH.

## HANSON'S KASH and KARRY MARKET

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**ANGEL PARFAIT:** 1 cup sugar, 3 egg whites,  $\frac{3}{4}$  cup water, 1 pint whipping cream, 1 teaspoon vanilla. Cook sugar and water together until it forms a soft ball in cold water. Pour over stiffly beaten egg whites and beat until cool. Add whipped cream and flavoring. Put in mold with tight lid and pack in salt and ice several hours.

EDITH B. FISHER.

**COMBINATION ICE:** 3 lbs. peaches, 1 small can grated pineapple, 1 tablespoon grated orange rind,  $\frac{1}{4}$  cup lemon juice, 2 cups sugar,  $\frac{2}{3}$  cup boiling water, 2 egg whites, 2 tablespoons sugar. Peel and slice peaches, cut in fine pieces. Add pineapple, orange and lemon. In separate vessel on fire cook boiling water and sugar until it spins a thread, then beat into whites of eggs. Beat until cool and combine with fruits and freeze, using 3 parts ice to 1 part salt.

MRS. C. P. SNYDER.

**CHARLOTTE BASKETS:** Beat yolks of two eggs until thick and lemon colored. Add  $\frac{1}{2}$  cup sugar, gradually continuing the beating. Then add  $1\frac{1}{2}$  tablespoons of cold water. Add  $\frac{1}{2}$  cup cake flour sifted, mixed with  $\frac{3}{4}$  teaspoon baking powder and  $\frac{1}{2}$  teaspoon salt. When well mixed, add  $\frac{1}{2}$  teaspoon lemon extract and whites of two eggs beaten stiff. Bake in gem pans 15 minutes. When ready to serve cut out centers, fill with chocolate sauce, replace centers and top with whipped cream.

**Chocolate Sauce:**  $1\frac{1}{2}$  squares chocolate, 1 cup sugar, 1 teaspoon flour,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{4}$  cup water. Boil well until thick enough for sauce.

MRS. SPICER.

**DATE PUDDING:** 1 box of dates,  $\frac{1}{2}$  cup English walnuts, pinch of salt,  $\frac{1}{2}$  cup cracker crumbs, 1 cup sugar, 3 tablespoons milk or 4 tablespoons, 1 teaspoon vanilla, 2 beaten egg whites added last. Put in buttered cake pan. Put in roaster with boiling water and steam in oven 30 minutes. Remove water and let stand in oven one or two minutes.

MRS. C. P. SNYDER.

**PUDDING SAUCE:** 1 small cup sugar, 1 egg, butter size of a walnut, 1 tablespoon flour, 2 tablespoons cold water,  $\frac{1}{2}$  pint milk, 1 teaspoon flavoring. Beat egg. Mix other ingredients, except milk, and beat into egg. Stir into boiling milk. Add flavoring.

MRS. RALPH.

## BARNES MARKET

*W. A. BARNES, Prop.*

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3300 East Anaheim

LONG BEACH, CALIFORNIA

**PEACH ICE CREAM:**  $\frac{1}{2}$  pint cream, top of half quart of milk, 1 cup sugar, 6 large peaches put through potato ricer, 1 egg, white stiffly beaten.  
MRS. SPICER.

**DATE TART (serves six):** 3 eggs, 1 cup sugar, 1 teaspoon vanilla, 1 cup chopped dates,  $\frac{1}{2}$  cup chopped nuts,  $\frac{1}{3}$  cup bread crumbs,  $\frac{1}{2}$  teaspoon baking powder, 1 tablespoon melted butter. Beat the eggs until very frothy. Add the sugar slowly, beating during the adding. Add all the rest of the ingredients and beat for one minute. Pour into a shallow buttered baking pan. Bake in a moderate oven for 20 minutes. Cut in squares and serve warm or cold with whipped cream.  
MRS. R. J. SIPHERD.

**FLOATING PEACHES:** 1 cup milk, 1 cup canned peach juice, 1 teaspoon grated lemon rind, 2 tablespoons sugar,  $\frac{1}{8}$  teaspoon salt,  $3\frac{1}{2}$  tablespoons cornstarch, 1 egg, 18 marshmallows,  $\frac{1}{4}$  teaspoon almond extract, 6 canned peach halves, cream. Combine the milk,  $\frac{3}{4}$  cup of the canned peach juice, the lemon rind, sugar, and salt, and place in top of double boiler. When hot, add cornstarch mixed with the remaining peach juice and stir thoroughly until thick. Cook for 25 minutes, then add very slowly to egg slightly beaten. Return to the double boiler, add twelve marshmallows, and cook five minutes longer. Remove from fire and add flavoring. Pour into individual serving dishes, reserving a small amount of the custard mixture. Place a teaspoonful of the reserved custard mixture in the cavity of each peach and in this put a marshmallow. Serve cold with cream.  
MRS. L. B. PAYNE.

**RICE DAINTY:** Cook  $\frac{1}{2}$  cup rice in 3 cups boiling salted water in cooker for about 25 minutes. Rinse in cold water, cut in cubes 2 large, firm bananas, 3 slices of pineapple and 5 halves of apricots. Fold lightly into cold rice, using silver fork. Just before serving fold in 1 cup whipped cream, sweetened with  $\frac{1}{3}$  cup sugar. Pile lightly into sherbet glasses. Garnish with candied pineapple and maraschino cherries. Serve very cold.  
MRS. L. B. PAYNE.

**PINEAPPLE AND BANANA PARFAIT:** Prepare 1 package of cherry Jell-well with 1 can of crushed pineapple. Put a layer in bottom of each parfait glass. Then to remaining Jell-well add  $\frac{1}{2}$  pint whipped cream. Mix. Add to glasses. Crush 4 bananas mix with  $\frac{1}{2}$  cup nut meats. Add to glasses, then top with whipped cream and cherry.  
MRS. ROY FRENCH.

**PARADISE PUDDING:**  $\frac{1}{4}$  lb. blanched almonds, 1 doz. marshmallows, 1 doz. candied cherries,  $\frac{1}{2}$  doz. macaroons. Cut these fine. Stand in cool place. Prepare a package of lemon Jello. When cool set in ice water and whip to consistency of whipped cream. Add cut fruit. Turn into square pan. Set in cold place to harden. Serve in slices. Serves 12. MRS. PAUL CAREY.

**ORANGE SHORT CAKE:** Use any one egg or sponge cake, and pour the following sauce over it: Blend together  $\frac{3}{4}$  cup sugar and four tablespoons flour. Add 1 cup orange juice unstrained, juice of one lemon and 1 cup water. Cook about five minutes stirring constantly. Divide two oranges in sections and add to the sauce, and pour over the cake. MRS. L. B. PAYNE.

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## FISH

Editor—Mrs. Calhoun

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**SALMON SOUFFLE:** Make white sauce to which the yolk and stiffly beaten white of one egg is added. Cover bottom of baking dish with bread crumbs. Then add layer of souffle and layer of salmon. Cover last layer with the souffle and dust with bread crumbs and dot with butter. Bake about half an hour.

MRS. SPICER.

**CREAMED TUNA IN PATTI SHELLS:** Make a white sauce by melting butter, then add flour and milk, cook until thickens. Add to white sauce, one can chopped tuna, 1 cup of peas, some pimento and hard boiled egg. Serve in patti shells, or on toast sprinkled with paprika.

MRS. B. H. TRAUGER.

**SALMON LOAF:** 1 cup flaked salmon,  $\frac{1}{2}$  cup fresh bread crumbs,  $\frac{2}{3}$  cup milk, 1 egg yolk,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{4}$  teaspoon paprika, 1 teaspoon melted butter, 1 teaspoon flour. Mix salmon, bread crumbs, milk, egg yolk, salt and paprika. Pack down in a well buttered pan. Pour one teaspoon of melted butter over the top. Dredge with flour. Bake 35 minutes in a moderate oven. Serve hot or cold.

MRS. L. W. McKEE.

**SCALLOPED OYSTERS:** 1 quart oysters, 2 cups crumbs,  $\frac{1}{2}$  teaspoon salt, pepper, 6 tablespoons butter,  $\frac{1}{2}$  cup liquid (from oysters or milk). Melt butter, add crumbs and seasoning. Line bottom of shallow baking dish with  $\frac{1}{4}$  the crumbs, and then add  $\frac{1}{2}$  the oysters. Add  $\frac{1}{4}$  crumbs and remainder of oysters and the liquid. Cover with rest of crumbs. Bake in moderate oven 30 to 40 minutes.

MRS. L. H. KENNEDY.

## MEATS AND MAIN DISHES

Editor—Mrs. C. P. Snyder

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**VEAL AND HAM PIE:** 2 cups lean cooked veal cut in small cubes, 1 cup lean cooked ham cut in small cubes, 6 hard boiled eggs cut in slices, 2 tablespoonfuls finely minced parsley, salt and pepper to taste, biscuit dough, 1 quart thickened veal gravy. Put layer of veal, using one half buttered casserole, then put one half of the ham and on the ham put one half of the sliced eggs. Sprinkle with salt and pepper and one half the parsley then repeat. Over all pour the veal gravy and put small biscuits on top. Bake in moderate oven until biscuits are done and the meat is heated through. Serve hot.

MRS. G. B. DILLON.

**BAKED BEANS:** Soak beans over night with a level teaspoon of soda in water. Drain, wash, cover with water and boil till tender. Then put in baking dish, add one onion sliced,  $\frac{1}{2}$  cup sorghum molasses or brown sugar, salt and 3 strips of bacon cut in inch pieces. Bake till very brown. Tomato sauce may be added if desired.

MRS. SPICER.

**HAM, FRIED WITH MILK GRAVY:** 1 large or 2 small slices of ham,  $1\frac{1}{4}$  cups milk, flour and water thickening, fry ham in the ordinary fashion. When done, pour off the remaining grease and return to the fire. Pour on the milk and let simmer for 5 minutes. Add thickening and serve with mashed potatoes. MRS. RALPH.

**TWICE-BAKED POTATOES:** Potatoes, medium sized and as many as needed, milk, butter, salt, cheese. Bake potatoes as usual until soft. Remove from oven and cut lengthwise. Scoop out all the potato and mash as for ordinary mashed potatoes, adding butter, milk, and salt. Beat until creamy. Refill potato skins and sprinkle each half with grated cheese. Return to oven until cheese has melted and the potatoes are browned.

MRS. RALPH.

**CREAMED HAM ON TOAST:** 5 slices boiled ham, 2 hard boiled eggs,  $1\frac{1}{2}$  tablespoons butter, 2 tablespoons flour,  $1\frac{1}{4}$  cups milk, seasonings. Melt butter and rub in the flour. Slowly stir in the milk and cook until it just runs slowly from the spoon. Put in the ham ground and the eggs finely chopped. Serve on buttered toast, excellent for a noon-day meal.

MRS. RALPH.

**BAKED RICE WITH CHEESE:** 2 cups boiled rice, 3 tablespoons fat,  $\frac{1}{2}$  teaspoon salt,  $\frac{3}{4}$  cup grated cheese, milk, bread crumbs, paprika. To the boiled rice add the melted fat, salt and paprika. Arrange alternate layers of rice and grated cheese in a well-greased baking dish. Add enough milk to moisten, cover with bread crumbs, dot with butter and bake until brown in moderate oven.

HELEN GURNEY.

**SPANISH SOUP:** 3 tablespoons sweet red and green pepper, 2 tablespoons butter, 3 cups stock, 1 pint tomatoes, 2 tablespoons flour,  $\frac{1}{2}$  cup cooked macaroni, salt and paprika, 1 drop tobasco sauce. Chop and cook the peppers in the butter and flour 5 minutes. Add the stock and tomatoes, cover and simmer gently 20 minutes. Strain and season, adding the macaroni cut in rings. Serve with croutons. MRS. RALPH.

**ITALIAN SPAGHETTI:**  $\frac{1}{2}$  package of spaghetti boiled until done. Add 1 can tomato soup, 1 can kidney beans. Fry onion and one pound hamburger until partly cooked. Salt, pepper and chili powder to suit. Mix all ingredients and bake 1 hour. MRS. PAUL CAREY.

**GLAZED SWEET POTATOES:** Wash and pare 6 medium sized potatoes. Cut in halves lengthwise, and put in buttered pan. Make a syrup by boiling  $\frac{1}{2}$  cup of sugar and 4 tablespoons of water for 3 minutes. Add one tablespoon of butter. Cover potatoes with syrup and bake covered. MRS. R. J. SIPHERD.

**BAKED HAM:** Wash a 10 or 12 pound ham, place in a kettle, add one onion stuck with three whole cloves, one carrot, two stalks of celery and enough cold water to cover; bring slowly to boil and simmer until tender about twenty minutes to the pound. Let cool in water. Drain, lay skin side up in a baking pan, remove skin and cut off some of the fat. Spread fat with mixture of brown sugar 3 cupfuls, 1 cupful fine bread crumbs and 1 teaspoonful of dry mustard. Stick whole cloves about one inch apart around the fat and a line across fat. Bake in a moderate oven 40 minutes or until well glazed. MRS. G. B. DILLON.

**TAMALIE PIE:** Make mush of 2 cups of corn meal.  $2\frac{1}{2}$  teaspoons salt and 6 cups of water. Cook well. Brown 1 small onion in tablespoon of fat, add two cups roast meat or if hamburger fried until the red color is gone—add 2 cups tomato, 1 chopped green pepper, 1 teaspoon salt,  $\frac{1}{2}$  teaspoon chili powder. Grease baking dish, put in a layer of mush, add meat mixture, cover with mush. Bake 30 minutes in hot oven (350 degrees F.) MRS. KERR.

**STUFFED STEAK:** Take a large round steak about  $\frac{1}{4}$  inch thick, fill with dressing made from bread crumbs, onions, sage, salt and pepper and enough milk to moisten. Roll and tie with string and bake in moderate oven about  $1\frac{1}{2}$  hours. Any favorite dressing will do. MRS. RAYMOND LIGGETT.

**SPANISH RICE:**  $\frac{1}{2}$  box link sausage or about 10 links cut in  $\frac{1}{2}$  inch pieces and fry until done in skillet. Mince 1 small onion, 1 green pepper and 1 small bunch celery and cook with sausages and add 1 can tomatoes and 3 cups cooked rice, put in baking dish and bake about  $\frac{1}{2}$  hour or simmer over fire. MRS. O. P. GIFFIN.

**ROAST BEEF PIE:** 2 cups chopped cold roast beef, 1 cup gravy, 1 cup cold diced potatoes (cooked), 2 tablespoons chopped onions, 6 tablespoons milk, 1 cup flour, 2 tablespoons baking powder, 2 teaspoons lard, 1/8 teaspoon salt. Mix beef, gravy, potato and onion. Place in a shallow baking dish. Make a biscuit dough by cutting the lard into the flour, which has been sifted with the baking powder, and salt, and gradually adding the milk. Pat the dough into shape and arrange carefully on top of the meat. Make holes in top to allow steam to escape. Bake in moderate oven twenty minutes.

MRS. L. W. McKEE.

**SWISS STEAK:** A round steak about one inch thick. Salt, pepper, juice of one lemon, 2 large onions sliced, 3 cups of tomato pulp, pepper. Beat steak well and beat into it as much flour as possible. Put into large frying pan containing 1/2 cup of fat smoking hot and brown on one side. Turn over, salt and pepper and scatter over it the onions, then pour on the tomatoes and about 1 cup warm water. Cook very slowly for 1 1/2 hours, being sure to run spatula under it often to prevent scorching. If it gets too dry add water occasionally.

MRS. L. W. McKEE.

**BAKED NOODLES, CHEESE AND HAM:** 4 cups cooked noodles, 1 cup ham, cut fine, 2/3 cup grated cheese, 2 cups thin white sauce. Put layer of noodles in greased baking dish. Sprinkle with ham and cheese, then layer of white sauce. Repeat until ingredients are used. Sprinkle top with cheese. Bake in hot oven 20-25 minutes.

MRS. L. H. KENNEDY.

**MACARONI AND CHEESE:** 1/2 cup macaroni, broken in pieces. 1 quart water, 1 teaspoon salt, 2 teaspoons butter, 3 tablespoons flour, 4 tablespoons cheese, cut in pieces, 1 1/2 cups milk, 1/2 teaspoon salt, 1/4 teaspoon paprika. Cook macaroni in boiling salted water until tender. Drain and rinse thoroughly with cold water. Melt butter, add flour, salt and pepper. Gradually add milk and cheese. Cook three minutes. Add macaroni. Mix well and pour into a well buttered baking dish. Place in moderate oven and bake 20 minutes.

MRS. L. W. McKEE.

**MEAT-POT ROAST:** Select a piece of shoulder meat, about 3 lbs. Put about half a cup of fat in roaster and two slices of onion. When onion is browned, place in the meat, turn fire low and fry slowly till very brown, then turn and brown other side in same way. Then add water and 1 heaping tablespoon salt, pepper and bayleaf. Let simmer two hours or more till very tender. Potatoes are delicious placed around meat and cooked in gravy, the last half hour before serving.

MRS. SPICER.

**VEAL CROQUETTES:** 2 cups chopped cold veal, 2 tablespoons chopped parsley, 1 cup very thick white sauce, 1 egg, 2 tablespoons water, 3/4 cup fine bread crumbs. Put veal through meat grinder, add parsley and white sauce and mix well. Chill. Form into croquettes. Roll in crumbs, dip in slightly beaten egg diluted with water, and roll again in crumbs. Fry in deep hot crisco 5 minutes. Drain on unglazed paper.

MRS. L. H. KENNEDY.

**HAM ROLL:** 1 lb. ground ham, 1 lb. ground steak, 1 cup bread crumbs,  $\frac{1}{2}$  cup milk, 2 eggs, seasoning, bake in greased pan  $1\frac{1}{4}$  hours.  
MRS. TRAUGER.

**SCALLOPED CHICKEN:** Boil chicken till very tender. Remove bones and most of skin. Cut chicken fine with scissors. Crumb about half a pound of crackers and mix with chicken. Fill a baking dish and pour enough of chicken stock on it to moisten well. Bake one half hour, excellent.  
MRS. SPICER.

**BREADED VEAL OR PORK CHOPS:** Salt and pepper the veal. Then dip in flour. Beat up one egg. Dip veal first in egg then in cracker or bread crumbs. Put about 1 lb. crisco in skillet and fry veal until tender.  
MRS. HAROLD REESE.

**SLICED HAM AND POTATOES EN CASSEROLE:** 1 lb. slice of ham,  $\frac{2}{3}$  inch thick, 4 new potatoes, 1 cup water, 12 cloves,  $\frac{1}{4}$  teaspoon paprika, 1 teaspoon chopped parsley, 2 tablespoons flour. Heat frying pan very hot. Add ham and brown thoroughly on both sides. Add water and let boil for one minute. Remove the ham. Stick cloves into it and place it in bottom of casserole. Add parsley and paprika to water in pan and pour liquid over meat. Cover and bake in moderate oven for half hour. Roll potatoes (which have been washed and peeled) in the flour, and add to the casserole. Baste with the liquid. Cover and cook  $\frac{3}{4}$  of an hour.  
MRS. L. W. McKEE.

**TAMALE LOAF:** 1 large onion, 1 lb. sausage,  $\frac{1}{2}$  lb. hamburger, 1 pt. tomatoes, 1 can corn, 1 cup ripe olives, corn meal to thicken, salt, pepper and chili to taste. Slice onion and saute in hot grease, add tomatoes and corn and meat. When boiling add cornmeal slowly till very thick. Then add olives, and seasonings. Turn into baking dish and bake one hour.  
MRS. SPICER.

**MEAT LOAF:** Fry slowly till very brown 2 lbs. boiling beef and 1 lb. pork, season, and cover with water and cook till tender. Put all through food chopper, adding two or three slices of stale bread. Moisten with half of stock, and two whole eggs. Mix well, shape into loaf and bake about an hour. Make thick gravy with remaining stock to serve with loaf.  
MRS. SPICER.

**MEAT AND VEGETABLE CROQUETTES:** 1 lb. round steak, 3 carrots, 2 Irish potatoes,  $\frac{1}{2}$  cup green peas or  $\frac{1}{4}$  cup parsley, 1 egg,  $\frac{1}{2}$  cup bread crumbs. Grind steak, carrots, potatoes, and peas or parsley through food chopper. Season well, add the egg, beaten, and the bread crumbs. Mix thoroughly and shape with hands into a cone. Roll in bread crumbs and place in roaster. Bake in moderate oven 1 hour. Last 15 minutes remove lid to allow browning. Serve with tomato sauce.  
MRS. RALPH.

**PORK LOAF:** 1 lb. ground pork (not sausage), 1 cup rolled oats,  $\frac{1}{2}$  cup Campbell's tomato soup, salt and pepper. Make into loaf, pour the rest of the can of soup over the loaf and bake.  
MRS. O. P. GIFFIN.

**BAKED HAM, SOUTHERN STYLE:** Use the butte of the ham for baking. Put it over the fire in a deep kettle with enough cold water to cover it. Add a dozen cloves,  $\frac{1}{2}$  cup vinegar, 1 minced onion, 1 large clove of garlic, minced, some bay leaves, and bring to a boil quickly, then reduce fire and simmer very slowly, cooking it about 30 minutes to the pound. Let stand in water until it is perfectly cold. Then remove skin, and stud soft fat with cloves. Cover with a mixture of  $\frac{1}{2}$  cup brown sugar, 1 tablespoon flour, 2 cups of sweet cider (or water off ham) and  $\frac{1}{4}$  teaspoon mustard. Bake until brown, basting several times with liquid.

MRS. TRAUGER.

**PILAFFE:** 1 cup rice, 1 lb. hamburger, butter size of an egg, 1 can Campbell's tomato soup, salt, pepper, strips of bacon. Boil rice 20 minutes, brown steak in butter, mix with rice, add soup, salt, pepper. Lay strips of bacon on top. Bake  $\frac{3}{4}$  hour.

EDITH B. FISHER.

**PORK TENDERLOIN AND SWEET POTATOES:**  $1\frac{1}{2}$  lbs. pork tenderloin, 1 teaspoon salt,  $\frac{1}{4}$  teaspoon pepper, 4 large sweet potatoes. Wipe tenderloins which have been prepared by cutting into small pieces. Place in a small roaster and put in a hot oven. When brown on each side, season with salt and pepper. Pare the potatoes and place in the pan with the meat. Baste every ten minutes with  $\frac{1}{4}$  cup of water if there are not sufficient drippings to baste both the potatoes and meat. Cook until the potatoes are done (45 minutes).

MRS. L. W. McKEE.

**CHOW MEIN:** 2 green peppers, 1 or 2 onions, celery (optional), 1 lb. bean sprouts, 1 can mushrooms, salt, pepper and Chop Suey Sauce. Mix this with small pieces of round steak, which have been floured and cooked about an hour and a half in a small amount of water. Cook this mixture until the peppers and other vegetables are done. Serve on a blanket of fried noodles.

**Fried Noodles:** Cook noodles until tender, take off stove and drain, when thoroughly drained, fry to a delicious brown in deep fat.

MRS. C. P. SNYDER.

**PRESSED VEAL:** Boil 2 lbs. veal until tender. Cool. Put through meat grinder. Add salt, pepper, sage and enough meat stock to make it quite moist. Pack in deep bread pan and chill. Slice and garnish with parsley.

MRS. L. H. KENNEDY.

**STUFFED GREEN PEPPERS:** Six medium green peppers, 1 cup ground toast crumbs, 1 small onion ground,  $1\frac{1}{2}$  teaspoons salt and a little pepper, 1 tablespoon butter, 2 cups ground meat, 1 small cup tomatoes, mix these well. Wash peppers and remove tops and all seeds, cook shells in boiling water for 5 minutes. Stuff pepper shell with above mixture and put in a baking dish. Put a little water in dish. Bake in moderate oven for one hour.

MRS. RAYMOND LIGGETT.

**BEEF HASH, ENGLISH STYLE:** Cut in small dice one pound of roast beef, free from gristle, but mixed with a small quantity of the fat part. Fry one finely chopped onion in butter to a slight brown color, then add a heaping tablespoon of flour and fry together for two minutes. Then add a cup of light gravy or rich soup stock and stir well to obtain a sauce. Add the beef and a tablespoon of ketchup and a dash of Worcestershire sauce. Put this hash in a deep baking dish, cover it with mashed potatoes to which the yolks of two eggs have been added, sprinkle with bread crumbs and melted butter, and bake for 10 minutes in the oven, so that the potatoes will be well browned.

MRS. RAYMOND LIGGETT.

**HAM EN CASSEROLE:** Butter casserole, put in layer of ground ham, then layer of sliced raw potatoes, then layer of sliced raw carrots, some onion. Repeat until dish is full, or at least two layers of each, then add hot milk and bake about 60 minutes.

MRS. TRAUGER.

**BROWNE HASH:** 1 cup chopped cold cooked beef, 1 cup cold boiled potatoes diced, a few drops of onion juice, 2/3 teaspoon salt, 1/4 teaspoon pepper, 1 tablespoon milk, 1 tablespoon fat. Mix all ingredients thoroughly. Spread mixture in hot frying pan in which the fat has been placed. Cook without stirring until a crust is formed on the bottom, fold over like an omelet and place on a hot platter.

MRS. L. W. McKEE.

**BEEF STEAK PIE:** 2 lbs. chuck steak, 1 teaspoon salt, 1/8 teaspoon pepper, 2 tablespoons flour, 3 tablespoons cold water, 1 cup raw carrots cut in cubes, 2 cups raw potatoes cut in cubes, 1 cup celery sliced, 6 raw medium sized onions diced, 2 tablespoons Crisco. Cut steak in cubes, roll in flour, and seasoning. Saute in hot Crisco. Add boiling water and cook meat until almost tender. Place meat and cut up vegetables in layers in greased baking dish. Make into gravy the liquid on the meat and pour over vegetables. Bake in hot oven until vegetables are tender. Cover top of pie with biscuits and return to hot oven until biscuits are done.

MRS. L. H. KENNEDY.

**CREAMED BEEF, DIXIE STYLE:** Slice cooked sweet potatoes lengthwise, sprinkle with brown sugar and brown in oven. Arrange dried beef, which has been creamed, in center of the platter and surround with browned sweet potatoes. MRS. ROY FRENCH.

#### MARKET LOCATIONS

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**ITALIAN DISH:** 2 lbs. round steak,  $\frac{1}{2}$  cup olive oil or Italian oil, 1 pint canned tomatoes, 4 cups spaghetti,  $\frac{1}{2}$  lb. grated cheese. Fry 1 clove of garlic or onion. Cut steak in cubes one inch thick. Sear little at a time in  $\frac{1}{2}$  cup of oil. Add tomatoes. Cook over slow fire one hour or until tender. In meantime cook 4 cups spaghetti in boiling water. Put layer of spaghetti, meat, cheese, and olives in baking dish. Cut olives in small pieces. Bake  $\frac{1}{2}$  hour in oven to brown.

MRS. G. B. DILLON.

**PORK ROAST WITH SPICED APPLES:** Select a second cut of fresh ham, remove the shin, scrape fat, and wipe with cloth wrung from cold water. Sear the meat thoroughly on both sides, then put in a medium oven for an hour, then low heat for an hour and a half. Use four or five tart apples. Cut into lengths, core but do not peel. Make a syrup of  $1\frac{1}{2}$  cups of sugar,  $\frac{1}{2}$  cup water, add 6 whole cloves and few gratings of lemon rind. Boil until spins a thread. Remove from fire, add apples, and in a few minutes turn fruit over carefully and allow to clarify. Pour spiced syrup over the roast on serving platter, garnish with apples and parsley.

MRS. L. B. PAYNE.

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## MEAT SUBSTITUTES

Editor—Mrs. C. P. Snyder

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**WELSH RAREBIT:** 1 lb. cream cheese, grated, 5 slices boiled ham chopped fine,  $\frac{1}{4}$  cup milk. Heat the cheese, ham, and milk together over a low fire or in a double boiler, and when the cheese is entirely melted, place on toast and serve very hot. Fried bacon may be served instead of the ham. Serves six. MRS. RALPH.

**BAKED EGGS:** 2 eggs,  $\frac{1}{2}$  cup milk, 2 tablespoons soft bread crumbs, 1 tablespoon butter,  $\frac{1}{4}$  teaspoon salt,  $\frac{1}{8}$  teaspoon paprika. Butter two individual moulds, and break an egg into each. Mix salt and pepper in milk, and pour half of the mixture over each egg. Melt the butter and add to the crumbs. Place the buttered crumbs on top of each egg. Bake in a moderate oven 20 minutes. Serve in moulds.

MRS. L. W. McKEE.

**HAM AND POACHED EGGS:** Make a white sauce, using  $1\frac{1}{2}$  cups milk, 3 tablespoons flour, and 3 tablespoons butter. Heat 1 or 2 cups finely chopped ham, or ground cooked ham, with white sauce. Pour it over buttered toast. Serve one piece of toast, with creamed ham on it and one poached egg, to each person.

MRS. B. F. TRAUGER.

**CHEESE OMELET:** 3 eggs well beaten,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{2}$  teaspoon baking powder,  $\frac{1}{2}$  cup bread crumbs,  $\frac{1}{2}$  cup grated cheese, 1 cup milk. Mix well and pour in buttered baking dish and bake like custard. Fish may be used instead of cheese to vary this dish. Sufficient for four persons.

MRS. C. B. DILLON.

# PIES AND PASTRY

Editor—Mrs. Wilson Giffin

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**PIE CRUST:** 1 cup flour,  $\frac{1}{3}$  cup lard,  $\frac{1}{4}$  cup cold water (a little more or less, as needed),  $\frac{1}{2}$  teaspoon salt. Line inside or outside of pan and stick with fork and bake. MRS. O. P. GIFFIN.

**ONE, TWO, THREE PIE CRUST:** 1 cup flour, 2 tablespoons lard, 3 tablespoons water, 1 teaspoon salt. Never fails.

MRS. SPICER.

**PIE DOUGH:** 3 cups flour,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{2}$  teaspoon baking powder, 1 cup lard. Pour over it  $\frac{1}{2}$  cup boiling water. Stir and mix with flour. Set in ice box until cool. Will keep several days. 2 pies.

MRS. RAMSEY.

**LEMON PIE:** Mix 1 cup sugar, 2 tablespoons flour. Add 3 tablespoons lemon juice and yolks of 2 eggs slightly beaten, add 1 cup milk and 1 tablespoon melted butter. Cook in a double boiler until thick and pour into pastry shell. Cover with meringue of white of 2 eggs and 4 tablespoons of sugar. Place in a slow oven to brown.

MRS. L. H. KENNEDY.

**LEMON PIE (Superior):** Take a deep dish, grate into it the outside rind of two lemons; add to that a cup and half of white sugar, two heaping tablespoons of unsifted flour, (or one of cornstarch); stir it well together, then add the yolks of 3 well-beaten eggs, beat this thoroughly, then add the juice of the lemons, two cups of water and a piece of butter the size of a walnut. Cook in double boiler. When cool pour into a baked pie shell. Add three small tablespoons sugar to the well-beaten whites. Spread whites on pie and place in oven to brown.

MRS. TRAUGER.

**PEANUT BUTTER PIE:** 1 teaspoon hot water,  $\frac{1}{4}$  cup peanut butter, 1 egg, 4 tablespoons corn starch, 2 cups milk,  $\frac{1}{4}$  cup sugar,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{4}$  teaspoon cinnamon, 1 teaspoon lemon extract. Add hot water to peanut butter and mix well. Add unbeaten egg and cream. Dissolve corn starch in milk. Add this to first mixture. Then add sugar, salt and cinnamon. Beat until smooth. Cook, stirring constantly in double boiler until thick. Remove from fire and add lemon. Pour into pastry shell previously baked. Cool before serving.

MRS. G. B. DILLON.

**MINCE PIE:** 2 pounds beef,  $\frac{1}{2}$  pound suet,  $\frac{1}{2}$  pound butter, 5 pounds apples, 2 pounds currants, 2 pounds raisins, 3 tablespoons cinnamon, 2 tablespoons mace, 2 tablespoons allspice or cloves, 1 tablespoon nutmeg, 3 pounds brown sugar,  $\frac{1}{2}$  gallon sweet cider. Boil until apples are thoroughly cooked. MRS. C. P. SNYDER.

**PUMPKIN PIE:** 1 cup pumpkin, 1 cup sugar, 1 tablespoon flour, 1 egg beaten separately, 1 cup milk, 1 level teaspoon salt, 1 teaspoon salt, 1 teaspoon cinnamon, 1 teaspoon cloves. Bake slowly about an hour or till filling is firm.

MRS. SPICER.

**CREAM PIE:** 1 cup sugar, 1 pint milk, 2 tablespoons corn starch, 1 teaspoon vanilla, 2 eggs (save whites for tops). Cook until thick on fire and put in crust that has been baked. Make a meringue of the whites and put on top and place in a slow oven to bake for about 20 minutes. One can make a pumpkin pie over the same recipe by adding one cup pumpkin and cinnamon and ginger or whatever spices you like.

MRS. O. P. GIFFIN.

**BUTTERSCOTCH PIE:** 4 egg yolks, 1¾ cups brown sugar, 1 tablespoon butter, 1 tablespoon corn starch, 1 tablespoon flour. Beat yolks, sugar, corn starch and flour together with cold water to make a paste. Add 2 cups boiling water and butter. Cook until thick. Flavoring.

MRS. L. H. KENNEDY.

**NUT PIE:** 1 cup brown sugar, 2 heaping tablespoons flour, 1 teaspoon salt, 2 egg yolks, 2 scant cups milk, 1 teaspoon cinnamon, 1 cup nut meats. Add nut meats and cinnamon after filling is cooked. Pour into pastry shell and cover with meringue made of egg whites.

MRS. SPICER.

**CAROMEL COCOANUT PIE:** 1 cup brown sugar, 1½ cups milk, 1½ tablespoons flour, 2 egg yolks or one whole egg, 1 tablespoon butter, 1 cup grated cocoanut. Bake pie crust. Heat milk and sugar in double boiler, add flour and slightly beaten egg and cook until thickened, stirring constantly. Take from fire, add butter and beat until nearly cold. Pour in baked pie crust and sprinkle cocoanut on top. Return to oven to brown.

MRS. B. H. TRAUGER.

**CHOCOLATE PIE:** 1 cup sugar, 5 tablespoons flour, 1/8 teaspoon salt, 2 cups milk, 2 egg yolks, 1½ squares melted chocolate, ½ teaspoon vanilla. Mix sugar, flour and salt, add gradually milk and beaten egg yolks. Cook in double boiler fifteen minutes. Add melted chocolate. Cook until thick (about ten minutes), and add vanilla. Fill crust and cover with meringue. Bake in moderate oven until light brown.

MRS. L. W. McKEE.

**DATE CUSTARD PIE:** 2 cups milk, 1 cup dates, stoned and cut small, 2 eggs, 1 tablespoon sugar, ¼ teaspoon salt, pastry. Scald milk and dates. Beat eggs slightly with sugar and salt. Add milk and dates and pour into pastry lined pie plate. Bake in hot oven (400 degrees) for first 10 minutes, then reduce heat to 350 degrees F. and bake 25 to 30 minutes or until custard is firm.

MRS. C. P. SNYDER.

**PRUNE PIE:** 1 cup stewed prunes, 1 cup milk,  $\frac{1}{2}$  cup sugar, 2 egg yolks (whites for top), butter the size of a walnut, 1 tablespoon flour. Cook until thick, add  $\frac{1}{2}$  cup nuts if desired and use whipped cream instead of egg whites. Put filling in crusts that are already baked.

MRS. O. P. GIFFIN.

**BURNED SUGAR PIE:** 1 cup sugar, 2 cups milk, 2 tablespoons flour, 2 or 3 eggs (save, the whites for the tops). Place sugar in iron skillet over fire and brown slowly until all sugar is dissolved, then add filling; stir and cook very slowly until sugar is all dissolved as sugar crystalizes when rest of filling is added. Put in crust which has been baked and make meringue of whites of eggs beaten light and 1 tablespoon sugar to each egg white. Spread over top of pie and bake in slow oven for about 20 minutes.

MRS. O. P. GIFFIN.

**CREAM PIE:** Mix together 1 cup sugar ( $\frac{2}{3}$  white and  $\frac{1}{3}$  brown), 1 heaping tablespoon flour, pinch of salt and sprinkle of nutmeg. Add two egg yolks, 1 teaspoon vanilla and 1 cup thin cream. Beat whites of 2 eggs and add to mixture. Mix this well and pour into lined pie tin. Bake slowly until a delicate brown.

MRS. PAUL CAREY.

**GREEN TOMATO PIE:** Select five or six tomatoes that are just beginning to ripen. Peel, cut fine and squeeze juice out. Mix 1 cup sugar and 3 tablespoons flour with tomatoes. Put all in lower crust, sprinkle thick with allspice. Add 3 tablespoons vinegar and bits of butter. Then upper crust.

MRS. PAUL CAREY.

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## RELISHES

Editor—Mrs. Boyce

**SPICED SWEET FIG PICKLES:** 5 lbs. figs, 1 teaspoon soda. Method: Scald figs for several minutes in hot water containing soda. Drain. Prepare syrup, boil a few minutes before adding figs, then let simmer for 2 hours. Use 1 cup white sugar,  $\frac{1}{2}$  cup of brown to every cup of vinegar. Two cups of vinegar will be sufficient for the above amount of figs. Use any spices desired. Place one clove in each fig.

MRS. C. P. SNYDER.

**GRAPE CONSERVE:** 1 pint grapes,  $\frac{1}{4}$  cup raisins, 1 small orange, nuts. Pulp grapes, cook until soft, then put through a sieve and add skins, orange pulp, and raisins. To every cup of this add 1 cup of sugar and cook until desired consistency. When removed from fire, add nuts.

MRS. L. H. WALTERS.

**DILL AND PIMENTO RELISH:** 2 large or 3 small dill pickles, sliced thin, 1 can pimentos, sliced thin, 2 cups vinegar, 1 cup sugar. Bring vinegar and sugar to a boil. Add pimentos and dill pickles and let boil five to ten minutes. MRS. BOYCE.

**CUCUMBER PICKLES:**  $\frac{1}{2}$  dozen onions sliced, 3 dozen cucumbers sliced, sprinkle with salt, let stand one hour, and drain. 1 cup sugar, 2 cups vinegar, 1 teaspoon ginger, 1 teaspoon cassia, 1 teaspoon white mustard seed, 1 teaspoon celery seed, 1 teaspoon salt,  $\frac{1}{2}$  teaspoon pepper. Heat together, add cucumbers and onions and heat again. Seal in jars while hot. MRS. L. H. KENNEDY.

**MINT SAUCE:** 1 cup chopped green mint leaves,  $\frac{1}{2}$  cup vinegar,  $\frac{1}{4}$  cup powdered sugar. Mix one hour before serving. MRS. RAMSEY.

**PEPPER HASH:** 12 green peppers, 12 red peppers, 14 onions. Remove seeds of peppers, grind fine and cover with boiling water. Chop onions. Drain peppers and put in kettle with onions and 1 lb. of brown sugar, 1 pint of vinegar, salt to taste. Boil for 1 hour and seal in jars. MRS. C. P. SNYDER.

**CRANBERRY CONSERVE:** Pick over and wash 1 lb. of cranberries, cook slowly with  $1\frac{1}{2}$  cups water, till tender. Rub through a sieve. Add 1 cup nut meats, 1 cup raisins and for each cup of the above mixture add  $\frac{3}{4}$  cup of sugar. Cook slowly till thick. Cool. MRS. EDWARD McLAVY.

**TUMERIC PICKLES:** 12 large cucumbers, 6 large onions. Let stand in salt water for 1 hour. Boil together for 20 minutes with: 1 pint vinegar, 1 cup sugar, 1 teaspoon each of cinnamon, mustard and celery seed, 1 tablespoon of tumeric powder, 1 teaspoon salt,  $\frac{1}{2}$  teaspoon pepper,  $\frac{1}{2}$  teaspoon ginger. Seal in jars. MRS. L. H. KENNEDY.

**CHILI SAUCE:** 1 dozen ripe tomatoes, 4 large onions, 4 red peppers—all chopped fine, 4 cups vinegar, 2 tablespoons salt, 2 tablespoons each of ground cloves, cinnamon and ginger. Boil 2 hours. MRS. P. R. BOYCE.

# SALADS AND SALAD DRESSINGS

Editor—Mrs. Harold Reese

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**BUTTERFLY SALAD:** Place two asparagus tips on center of dish. Cut slices of pineapple in half. Place round side to asparagus. Use olive for head and pimientos cut in strips for feelers. Put dots of olive and pimento on pineapple for markings. Serve with mayonnaise.  
MRS. RAMSEY.

**TUNA FISH SALAD:** Six or eight potatoes diced, one can tuna fish, one cup chopped celery, add little cucumber, three tablespoons chopped green pepper or parsley, moisten with mayonnaise. Season to taste. Serve on cup shaped leaves of lettuce. Garnish with radish roses.  
MRS. CALHOUN.

**JELLO SALAD:** 1 pkg. lemon jello,  $\frac{3}{4}$  cup celery chopped fine,  $\frac{3}{4}$  cup apples chopped fine, 1 cup walnuts chopped fine. Mix these in jello as it begins to set and put in molds. When ready to serve, turn out of moulds on to crisp lettuce leaves and put mayonnaise over it.  
MRS. O. P. GIFFIN.

**PERFECTION SALAD:** 1 tablespoon granulated gelatine, 4 tablespoons cold water, 4 tablespoons vinegar, 1 tablespoon lemon juice, 1 cup boiling water, 4 tablespoons sugar,  $\frac{1}{2}$  teaspoon salt,  $\frac{2}{3}$  cup diced celery,  $\frac{1}{2}$  cup shredded cabbage, 1 green pepper chopped, 2 tablespoons pimento cut fine. Add cold water to gelatine, and let it stand for five minutes. Add boiling water. When thoroughly dissolved add vinegar, salt, lemon juice, and sugar. Mix well. Add celery, cabbage, green pepper and pimento when jello begins to set. Pour into a mould which has been dipped in cold water. Allow to set in a very cold place for one hour. Serve with salad dressing.  
MRS. L. W. McKEE.

**SPAGHETTI SALAD:** Cook spaghetti until done, cool. Add dried celery, pickles, hard boiled eggs and boiled ham. Mix with cooked salad dressing.  
MRS. RAMSEY.

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**TOMATO JELLY FOR SALAD:** 2 cups tomatoes,  $\frac{1}{2}$  cup water, 1 tablespoon sugar, 2 cloves, 1 bay leaf, 1 teaspoon salt, 2 tablespoons gelatine. Simmer the tomatoes, water, sugar, bay leaf, cloves, and salt, for ten minutes. Strain. Soak the gelatine in 2 tablespoons of cold water and add the hot vegetable mixture. Pour into small wet moulds and chill. Serve with salad dressing on a leaf of lettuce. Six portions. MRS. R. J. SIPHERD.

**MAH JONG SALAD:** 1 cup cooked chicken diced, 2 cups celery diced, 1 cup of canned mushrooms diced. Dress with mayonnaise and mix. Garnish with thin slices of hard boiled egg yolk topped with olive rings. Serve on lettuce. MRS. R. J. SIPHERD.

**RAISIN SUNFLOWER SALAD:** Soften one three-ounce package of cream cheese with 2 teaspoons of mayonnaise. Heap the center of six beds of lettuce. Then arrange slices of sliced canned peaches around the cheese to resemble a sunflower. Garnish with seedless raisins and serve. MRS. S. ALEXANDER.

**CART WHEEL SALAD:** Cut tomato down about one half way. Take sliced cucumber and place in each division. Place on cup shaped lettuce leaf. Serve with oil mayonnaise. Poinsettia Salad is made in the same way only cutting down farther and separating each section. Cut strips of cucumber or celery and put in between each section radiating from the center. Garnish with a salad dressing in the center and dash of paprika. MRS. CALHOUN.

**PIMENTO-JELLO SALAD:** Use lemon jello. When it begins to thicken add: 1 cup finely chopped celery, 1 cup shredded cabbage,  $\frac{1}{2}$  green pepper cut fine, 2 slices pimento,  $\frac{1}{2}$  teaspoon salt, 2 tablespoons vinegar or lemon juice,  $\frac{1}{2}$  teaspoon mustard, paprika. MRS. HAROLD REESE.

**EGG AND TOMATO CANAPE:** 3 hard cooked eggs,  $\frac{1}{4}$  teaspoon salt,  $\frac{1}{8}$  teaspoon paprika, 3 large firm tomatoes, mayonnaise, lettuce. Cook fresh eggs 30 minutes, just below boiling point. Remove shells and while warm pass through ricer or food grinder. Add salt, paprika, and a few drops of onion juice. Pack tightly in a tall glass jar and set in cool place for 4 or 5 hours. Remove from glass and cut in slices ( $\frac{1}{2}$  inch). Cut tomatoes into thick slices crosswise. Place lettuce leaf on serving plate, then slice of tomato, then slice of egg. Cover both with French dressing. EDITH B. FISHER.

**PEAR SALAD:** Use either fresh or canned pears, halved. Fill the center with a mixture of ground dates, nuts, maraschino cherries and salad dressing. Sprinkle mild ground cheese over whole and garnish with whole cherries. MRS. CALHOUN.

**CARROT BANANA SALAD:** 3 bananas, 2 small carrots,  $\frac{1}{4}$  cup salted peanuts. Cut up bananas. Add carrots (ground). Then peanuts. Mix with mayonnaise dressing. Serve on a lettuce leaf. MRS. HAROLD REESE.

**DATE SALAD:** 1 lb. dates, 3 oranges, 1 head lettuce, 1 cup chopped apples, 1 cup chopped celery, fruit salad dressing. Clean and stone dates, cut in thin strips, mix apples, celery and half dates with dressing, place the sliced orange on shredded lettuce, spread evenly with apple and celery mixture, continue until all is used, and top with dressing, and garnish with the rest of the dates.

MRS. CALHOUN.

**PRUNE SALAD:** Remove pits from large cooked prunes. Fill center with a mixture of cheese and walnuts. Place three or four on a nest of lettuce leaves and serve with salad dressing or whipped cream.

MRS. B. H. TRAUGER.

**VEGETABLE JELLO SALAD:** 2 packages Jell-well (lemon). Fix as for Jello. Pour a little in each mould, add cabbage cut fine, peas, pimientos. Fill moulds with jello; let set. When ready to serve, turn out on lettuce leaves, put on each a spoon of salad dressing, top with chopped nuts.

MRS. RAMSEY.

**TOMATO EGG JELLY FOR SALAD:** 1 cup tomato juice, 3 tablespoons lemon juice,  $\frac{1}{4}$  cup very mild vinegar, 2 bay leaves,  $\frac{1}{2}$  tablespoon sugar, leaves of one stalk of celery, 1 tablespoon gelatine. Bring to a boil, fill moulds  $\frac{3}{4}$  full. When beginning to set place  $\frac{1}{2}$  hard boiled egg in each. Serve on shredded lettuce with mayonnaise. Recipe enough for six.

MRS. KERR.

**PINEAPPLE SALAD:** 1 can sliced pineapple, dates, English walnuts, maraschino cherries, whipped cream. Put lettuce on plate, then a slice of pineapple, three dates which have been stuffed with walnut meats and rolled in powdered sugar. Cover with whipped cream and put a cherry on top.

MRS. CALHOUN.

**CANDLE SALAD:** Place pineapple slice on lettuce. Cut banana in half crossways. Stand one half of banana in center of pineapple. Drip some whipped cream down banana, and top it with a cherry to form the flame.

MRS. TRAUGER.

**TWENTY-FOUR HOUR SALAD:** 1 large can sliced pineapple,  $\frac{1}{2}$  lb. marshmallows, 1 lb. almonds (in shell), blanched, yolks of 4 eggs,  $\frac{1}{2}$  pint of cream,  $\frac{1}{2}$  pint whipping cream, pinch of salt. Place over fire in a double boiler  $\frac{1}{2}$  pint of ordinary cream. When partially heated, add the well beaten yolks of four eggs, pinch of salt and 2 tablespoons of sugar. When thick, remove from fire and set aside to cool. While this custard is cooling drain the juice from the pineapple and cut the fruit into long slices. To the cut up pineapple add the cut almonds and marshmallows, (each cut in 6 pieces). Fold pineapple, almonds and marshmallows together with a fork. Then pour over this mixture the cold custard. When thoroughly mixed, fold in  $\frac{1}{2}$  pint of whipped cream. A tablespoon of lemon may be added if you prefer. Set in a cool place until the next day, or you can make it in the morning and put it in the ice-box until evening. This serves from 12 to 15 persons.

MRS. CALHOUN.

**BEET SALAD:** 2 cups cooked and diced beets,  $\frac{1}{2}$  cup chopped nuts, 1 cup dressing, 3 eggs, hard boiled. Add these to 1 tablespoon of gelatine soaked in 1 tablespoon of cold water and added to 1 cup boiling water. Let harden and cut in cubes. Serve on lettuce leaf with mayonnaise. MRS. L. H. KENNEDY.

**CARROT SALAD:** Shred carrots, mix nuts, salt, pepper, sugar to taste. Add salad dressing. Serve on lettuce. MRS. RAMSEY.

**PINEAPPLE AND CARROT SALAD:** 1 package of lemon jello, 1 cup grated pineapple (drain off the juice), 1 cup grated carrots, Mix pineapple and carrot into jello as it begins to set. Pour into moulds and when firm serve on crisp lettuce leaf with mayonnaise.

MRS. L. H. KENNEDY.

**VEGETABLE SALAD:** 1 can small peas, 1 small bottle olives sliced, 1 head cabbage sliced fine, 1 large tomato sliced thin, 3 hard boiled eggs, salt and pepper. Mix all together, using enough mayonnaise to moisten. Chill before serving. EDITH B. FISHER.

**PEA SALAD:** 1 can peas, 2 hard cooked eggs, 3 sweet pickles, 6 small radishes—red,  $\frac{3}{4}$  cup diced cheese, mayonnaise. Chop or slice eggs, pickles, and radishes. Add a little salt to peas. Combine all ingredients together with mayonnaise.

MRS. CALHOUN.

**APPLE SALAD:** 3 apples,  $\frac{1}{2}$  celery stalk, juice of  $\frac{1}{2}$  lemon, 2 tablespoons sugar, salad dressing. Serve on lettuce leaf—will serve seven.

MRS. RAMSEY.

**PINEAPPLE SALAD:** Place on a lettuce leaf: 1 slice pineapple, in center put a marshmallow. Cover marshmallow with dressing and sprinkle with ground nuts.

MRS. HAROLD REESE.

**MOCK CHICKEN SALAD:** 4 lbs. veal, 3 lbs. pork. Cook with slow fire until tender. When cold, dice, and add 2 cans peas, 2 cans pimientos, celery, sour pickles, hard boiled eggs, lettuce and oil salad dressing. Enough to serve 20 people.

MRS. B. H. TRAUGER.

**LUNCHEON DELIGHT:** 1 cup chopped pimientos or olives,  $\frac{1}{2}$  cup chopped almonds. Add 2 cups seasoned cottage cheese. Place lettuce leaves on large platter, place quartered pears all around, and in center pile cheese. Garnish with long strips of red pimento.

EDITH B. FISHER.

**MACARONI SALAD:** 1 package of cooked macaroni, 1 medium bell pepper (chopped fine),  $\frac{1}{2}$  cup pimento (cut in small pieces),  $\frac{1}{2}$  cup grated cheese, 1 cup celery (chopped fine), 4 sweet pickles, salt, mix all with dressing.

MRS. HAROLD REESE.

**PINEAPPLE AND CHEESE SALAD:** Take pimento cheese and roll into balls. Place a ball in center of pineapple slice. Sprinkle with paprika. Serve on crisp lettuce. Mayonnaise may be added if desired.

MRS. B. H. TRAUGER.

**HONOLULU SALAD:** 6 slices canned pineapple,  $\frac{1}{2}$  cup cottage cheese, 1 tablespoon chopped pimento, 1 teaspoon chopped green peppers,  $\frac{1}{4}$  teaspoon salt, 6 nutmeat halves, 6 pieces of lettuce, 6 tablespoons of salad dressing. Add chopped pimento, green pepper and salt to the cottage cheese. Work altogether well, shape into balls one inch in diameter. Place a ball in the center of each slice of pineapple, which has been arranged upon a piece of lettuce. Place a nut meat upon the top of each cheese ball. Serve one tablespoon of salad dressing upon each service.

MRS. L. W. McKEE.

**EUCLID SALAD:** 6 cooked beets (uniform size), 1 pkg. Philadelphia cheese, 1 pimento chopped, 4 olives, chopped fine, paprika, salt, capers, mayonnaise. Scoop out the center of beets and stuff with cheese mixed with pimento, olives, seasoning and enough mayonnaise to make creamy, putting a caper on top. Lay on a lettuce leaf with a spoonful of mayonnaise beside each beet. Garnish with tiny balls of beets rolled in finely chopped parsley. Serve very cold.

MRS. RALPH.

**SUNBONNET BABY SALAD:** 10 halves pears, 20 cloves whole, 20 almonds, 10 thin slices pimento, 10 tablespoons salad dressing, 10 pieces of lettuce. Arrange halves of canned pears, round side up, on lettuce leaves, which curl closely about the pear, and have the effect of a hood. Place cloves in the pear for eyes, blanched almonds for ears, and slip thin slices of canned pimento into cuts made for mouth, and nose. The expressions may be varied. Put salad dressing around outside of pear to represent hair and arrange a bow of red pimento under the chin of the sunbonnet baby.

MRS. L. W. McKEE.

**PIMENTO SALAD:** 2 pimentos, 1 cup Philadelphia cream cheese,  $\frac{1}{2}$  cup chopped nuts, cream, lettuce French dressing. Wash pimentos and dry on a towel. Fill with the cheese which has been slightly salted and has the chopped nuts and just enough cream in it to blend all together well. Put on ice and let get very cold. Just before serving, slice with a very sharp knife and place slices carefully and daintily on lettuce. Season all with French dressing. Serves nicely with brown bread sandwiches for luncheon.

MRS. RALPH.

**CUCUMBER AND RADISH SALAD:** 1 cup diced cucumbers,  $\frac{1}{2}$  cup diced radishes, 2 teaspoons chopped onion, 1 teaspoon salt,  $\frac{1}{4}$  teaspoon pepper, 4 tablespoons salad dressing, 4 lettuce leaves. Mix cucumbers, radishes, onions, salt and pepper. Add salad dressing. Serve on lettuce leaves.

MRS. L. W. McKEE.

**DELICIOUS FRUIT SALAD:** 1 can (medium size) fruit salad, 10c marshmallows, 2 oranges, 1 apple, grapes, peaches, pineapple or other fruits in season to make up desired quantity.  $\frac{1}{2}$  pint cream. Cut all the fruit into small pieces and let stand until just before serving. Whip the cream stiffly and stir into the fruit. Place on lettuce leaf and garnish with bits of cherry from the canned fruit and chopped nuts. Serves from 4 to 8 depending on extra amount of fruit added.

MRS. RALPH.

**STUFFED TOMATO SALAD:** 4 tomatoes, 1 cup chopped cabbage,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{4}$  teaspoon paprika, 4 tablespoons salad dressing. Stuff fresh tomatoes with cabbage, seasoned and mixed with salad dressing. Arrange the tomatoes on lettuce leaves and place one tablespoon salad dressing on top. Add a small piece of green pepper or a sprig of parsley to the salad dressing.

MRS. L. W. McKEE.

**APPLE, CELERY AND GREEN PEPPER SALAD:** 1 cup tart apple cut in  $\frac{1}{2}$  inch cubes, 2 tablespoons lemon juice,  $\frac{2}{3}$  cup celery, diced, 1 large green pepper, cut in strips, 1 teaspoon salt,  $\frac{1}{2}$  teaspoon paprika, 6 tablespoons salad dressing. Mix lemon juice and apples to prevent discoloring. Add the celery, green peppers, salt, paprika, seasoning and salad dressing. Serve cold on lettuce leaves.

MRS. L. W. McKEE.

**POINSETTIA SALAD:** Wash well shaped uniform tomatoes. Divide the tomato into six or eight petals cutting just through the skin and nearly to the bottom (stem end). Place on lettuce leaf, bend loosened petals down on the plate. Cut tomato into sections the same size as the petals, but not entirely through the bottom. Top with salad dressing.

MRS. R. J. SIPHERD.

**VEGETABLE SALAD:** 1 cup diced tomatoes,  $\frac{1}{2}$  cup diced celery,  $\frac{1}{4}$  cup chopped green pepper, 2 tablespoons chopped onion, 1 tablespoon salt. Mix with salad dressing and serve on crisp lettuce leaves.

MRS. R. J. SIPHERD.

**BEAN SALAD:** 1 can kidney beans, 1 cup chopped sweet pickles and 1 cup chopped celery. Mix thoroughly with mayonnaise.

MRS. PAUL CAREY.

**FRUIT SALAD:** 1 cup diced bananas, 2 tablespoons lemon juice,  $\frac{1}{2}$  cup diced celery,  $\frac{2}{3}$  cup peanuts,  $\frac{1}{2}$  cup salad dressing. Mix all the ingredients and serve on lettuce leaves.

MRS. R. J. SIPHERD.

**CABBAGE SALAD:** Shred 1 cup white cabbage,  $\frac{1}{2}$  cup each of diced pineapple, orange pulp and seeded grapes. Serve on lettuce with mayonnaise topped with cherries.

MRS. ROY FRENCH.

**SALAD DRESSING:** 2 tablespoons sugar, 2 tablespoons flour, 1 egg, 1 cup milk, salt, 1 teaspoon mustard, 1 cup vinegar. Mix together and cook until thick. To thin, add can of condensed milk.

MRS. RAMSEY.

**MAYONNAISE:** 1 small can condensed milk, 2 tablespoons sugar, 1 teaspoon salt, 2 tablespoons French's Prepared Mustard. Whip well with egg beater. Add slowly  $\frac{1}{2}$  cup salad oil and  $\frac{1}{4}$  cup lemon juice or vinegar.

MRS. L. H. KENNEDY.

**FRENCH DRESSING:** 1 cup vinegar,  $\frac{1}{2}$  cup oil, 1 teaspoon mustard, 2 teaspoons paprika, 2 teaspoons Worcestershire sauce, 3 teaspoons salt,  $\frac{1}{4}$  cup sugar, 1 large onion, 1 can pimientos, 1 green pepper. Put onion, pimientos, and pepper through the food chopper. Mix with egg beater or put in jar and shake well. Exceptionally good.

MRS. SPICER.

**PINEAPPLE SALAD DRESSING:**  $1\frac{1}{2}$  tablespoons butter,  $\frac{1}{2}$  cup sugar, 1 tablespoon flour, 2 eggs, pineapple juice,  $\frac{1}{2}$  pint whipping cream. Cream butter and sugar, add flour and the beaten eggs. Heat juice of one large can sliced pineapple and add to above mixture. Cook until thick (about three minutes over flame—longer in double boiler). Cool and add whipped cream. This makes dressing enough for salad for 12 people.

MRS. CALHOUN.

**MAYONNAISE DRESSING:** 1 egg yolk, 1 teaspoon sugar, 1 teaspoon salt, 1 teaspoon prepared mustard, 1 tablespoon vinegar, 1 cup oil. Mix egg, sugar, salt, mustard and vinegar together, add oil very slowly, beginning with a few drops and gradually increasing amount, beating continually.

MRS. SPICER.

**WHIPPED CREAM DRESSING:** 2 egg yolks,  $\frac{1}{2}$  cup sugar,  $\frac{1}{8}$  teaspoon pepper, 1 cup cream,  $\frac{1}{2}$  cup vinegar,  $\frac{1}{2}$  teaspoon salt, 2 tablespoons butter. Mix yolks, sugar, vinegar, season and cook in double boiler until thick. Add butter. When ready to serve add whipped cream. Good for fruit salad.

MRS. RAMSAY.

**MAYONNAISE:**  $\frac{1}{4}$  teaspoon mustard, salad oil, 1 egg, salt. Mix and add salad oil slowly. When thick add vinegar or lemon juice, 1 teaspoon. Add more oil, beat until thick. For fish salads add catsup.

MRS. RAMSAY.

**BOILED SALAD DRESSING:** 1 tablespoon flour, 1 tablespoon shortening, 1 teaspoon salt, 2 eggs well beaten,  $\frac{1}{2}$  cup sugar or less,  $\frac{1}{4}$  teaspoon mustard,  $\frac{1}{2}$  cup vinegar. Mix all the dry ingredients and blend with the shortening. Add the beaten eggs, then the vinegar. Cook until thick. When cool sweet cream may be added to thin.

MRS. R. J. SIPHERD.

**CABBAGE SALAD DRESSING:**  $\frac{1}{2}$  cup milk,  $\frac{1}{3}$  cup sugar, 1 rounding tablespoon flour, 1 egg. Cook on top of stove until thick then add  $\frac{1}{2}$  cup vinegar. When cool, add to cabbage just before serving.

VELMA SNYDER.

# SANDWICHES AND SANDWICH FILLINGS

Editor—Mrs. C. M. Ralph

**DEVILED EGG SANDWICH FILLING:** 3 hard boiled eggs,  $\frac{1}{4}$  cup mayonnaise, 12 sweet pickles chopped, 12 olives chopped, 1 teaspoon butter. Salt and pepper to taste, also a little curry powder if desired. Powder the hard egg yolks and mix with other ingredients. Chop egg whites into bits, and add to mixture. Serve in sandwiches with lettuce. Garnish each sandwich with an olive and sweet pickle.

MRS. RALPH.

**MARSHMALLOW SANDWICHES:** Toast marshmallows—when soft press betwene crackers.

MRS. L. W. McKEE.

**HAM SANDWICHES:** 15c boiled ham,  $\frac{1}{2}$  dozen small sweet pickles, 2 hard boiled eggs. Put all through the meat grinder and add enough mayonnaise dressing to spread well. Butter bread and use the above filling for sandwiches.

MRS. O. P. GIFFIN.

**DENVER SANDWICHES (for picnic fare):** 1 quart ground raw ham, 6 eggs (beaten up) (carry in a pint jar), 1 cut ground onion, piece of butter, fry onions in butter until brown. Put in raw ham. Cook slowly until done, but not very brown. Put in beaten egg and cook until right to spread on bread. Serve with coffee.

EDITH B. FISHER.

**DATE AND NUT SANDWICHES:** 1 cup Dromedary Dates stoned,  $\frac{1}{2}$  cup shelled nuts, 1 teaspoon salt and 1 teaspoon lemon juice, buttered graham bread. Pass dates and nuts through fine cutter of food chopper, add lemon juice and salt and mix. Spread between slices of buttered graham bread and cut into desired shapes.

MRS. C. P. SNYDER.

**CHOCOLATE SANDWICHES (for children's parties):** 2 squares unsweetened chocolate, melted. Add 2 tablespoons of rich, hot cream, 1 teaspoon vanilla and enough sifted powdered sugar to make of consistency to spread. Finely chopped nut meats may be added. Grated cocoanut will make another variety. Spread between split lady fingers, then slices of angel food or sunshine cake, or unsweetened crackers.

MRS. L. H. WALTER.

**NUT AND CHEESE SANDWICH:** Mix equal parts of cream cheese and chopped walnuts. Season with salt and pepper, or for variety add a little tart jelly instead of pepper. Spread on crackers.

MRS. DOUGAN.

**EGG SANDWICH:** Chop fine the whites of hard-boiled eggs and force the yolks through a strainer or potato ricer. Mix yolks with whites, season with salt and pepper and moisten with mayonnaise dressing, spread between slices of buttered bread.

MRS. DOUGAN.

**PIMENTO AND OLIVE SANDWICH:**  $\frac{1}{4}$  cup mayonnaise, 1 package soft pimento cheese, 12 chopped olives (stuffed or plain), 12 chopped sweet pickles. Mix all the ingredients well. Cut the bread in strips 3 inches long and 1 inch wide, without crusts, and spread with mixture. Lettuce may be put into the sandwiches if desired.

MRS. RALPH.

**BACON DELIGHTS:** Bacon delights are made by spreading rye bread with a mixture of beaten egg and snappy cheese, with a slice of bacon on top, and baking in a hot oven until the bacon is done. These are tasty and nice for lunch.

MRS. L. H. WALTERS.

**PEANUT BUTTER SANDWICHES:** Spread peanut butter between slices of buttered bread and toast the whole sandwich. Serve hot.

MRS. DOUGAN.

**CREAM CHEESE, RAISINS, AND NUT FILLING:** 1 package Philadelphia cream cheese, 4 tablespoons of raisins (seedless), 1 tablespoon chopped walnuts. Mix all thoroughly and if a little too stiff, moisten with a little cream until it spreads readily. Take two slices of white bread and one of brown for each sandwich. Take one slice white and spread with mixture, cover with brown and spread this with any variety of tart jelly, finishing with the other white slice. Cut in strips 3 by 1 inch.

MRS. RALPH.

**FRUIT SANDWICHES:** Remove stems from figs and chop fine. Cook in double boiler with small quantity of water until a paste is formed. Cool the mixture, add a few drops of lemon juice and spread on thin slices of buttered bread. Sprinkle with finely chopped peanuts and cover with slices of buttered bread.

MRS. DOUGAN.

**SANDWICH FILLING:** 2 cups cold roast pork or veal chopped up,  $1\frac{1}{2}$  cups sweet relish. Mix with enough salad dressing to make soft paste.

EDITH B. FISHER.

**CLUB SANDWICHES:** Arrange on a slice of toasted bread a slice of broiled bacon, a slice of cold chicken. Cover chicken with mayonnaise dressing, then a slice of ripe tomato, a lettuce leaf and cover with a slice of toasted bread.

MRS. DOUGAN.

**SALMON SANDWICH:** 1 cup salmon, picked apart,  $\frac{1}{4}$  cup sweet relish or chopped pickles. 1 teaspoon lemon juice. Mix thoroughly, spread on buttered bread, add a lettuce leaf, and cut into shapes.

MRS. C. M. RALPH.

**CHEESE SANDWICHES:** 1 package Bluhill pimento cheese, 3 sweet cucumber pickles. Mix thoroughly with mayonnaise dressing. Place between buttered bread.

MRS. C. P. SNYDER.

**NUT AND RAISIN SANDWICH:** Make a filling of 1 cup chopped raisins and  $\frac{1}{4}$  cup chopped nuts moistened with mayonnaise dressing. Spread between 2 thin buttered slices of bread.

MRS. L. H. KENNEDY.

## SOUPS

Editor—Mrs. L. H. Kennedy

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**VEGETABLE SOUP:** 1 cup tomato, 1 stalk celery, 1 small onion,  $\frac{1}{2}$  carrot diced, 1 teaspoon of chopped parsley, 2 cups water, salt and pepper.

MARTHA SPICER.

**SPINACH SOUP:** 1 bunch young spinach, 4 cups milk, salt to taste. Cook spinach in very little water for 10 minutes. When cool, press through coarse sieve or chop finely. Add to milk and let come to boil over slow fire. Salt and thicken with little flour if desired.

MRS. C. P. SNYDER.

**MINUTE TAPIOCA TOMATO BISQUE:** 1 pint strained tomatoes, 2 tablespoons butter, 2 tablespoons minute tapioca, salt, pepper and sugar to taste, pinch of soda,  $1\frac{1}{2}$  pints of hot milk. To strained tomatoes add butter, tapioca, salt, pepper, sugar, soda, and cook 15 minutes in double boiler. When ready to serve pour hot soup gradually into hot milk. Serve with croutons.

MRS. L. H. KENNEDY.

**CHICKEN SOUP:** Boil chicken until tender, if too fat, skin. Season to taste. Make thickening as for gravy, whites of 2 eggs, one pint sweet cream. Whip each separately, then stir into soup. Nice to place a few blanched almonds in, when serving.

MRS. CALHOUN.

# VEGETABLES

Editor—Mrs. Ramsey

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**EGGPLANT CASSEROLE:** Pare and slice 1 eggplant. Slice 1 large onion and 1 green pepper. Put eggplant, onion and pepper in frying pan and brown. Place browned vegetables in greased casserole, alternating with tomatoes (4 fresh ones or 1 can). Season each layer with salt and pepper and bake in moderate oven 40 minutes.

MRS. GURNEY.

**CORN PUDDING (vegetable):** 3 cups corn, 2 tablespoons flour, 1 teaspoon salt,  $1\frac{1}{8}$  teaspoon pepper, 2 tablespoons butter, 2 cups milk, 2 eggs,  $1\frac{1}{2}$  tablespoons sugar. Beat yolks and add salt, pepper, butter, milk and sugar. Then add flour to corn thoroughly. Then add corn mixture to egg mixture. Beat whites of eggs and fold into pudding. Bake for 30 minutes (400 degrees).

MRS. C. P. SNYDER.

**POTATOES ESCALLOPED WITH BACON:** 3 medium sized potatoes, 3 slices of bacon,  $\frac{1}{4}$  teaspoon salt,  $1\frac{1}{8}$  teaspoon paprika, 2 tablespoons flour, 1 cup milk. Broil bacon, cut each piece in three parts. Butter a casserole and place in it a layer of peeled, sliced potatoes. Sprinkle part of flour, salt, and paprika over potatoes, and add three pieces of bacon. Continue in this manner until dish is filled. Pour milk over contents, and bake 40 minutes in moderate oven.

MRS. L. W. McKEE.

**CORN PUDDING:** 1 small green pepper,  $\frac{1}{2}$  onion, 2 tablespoons butter, 3 tablespoons flour, 1 teaspoon salt,  $\frac{1}{2}$  teaspoon paprika,  $\frac{1}{4}$  teaspoon nutmeg,  $1\frac{1}{8}$  teaspoon red pepper, 1 cup milk, 1 cup canned corn, 1 teaspoon baking powder, 1 egg, 2 tablespoons soft bread crumbs,  $\frac{1}{2}$  cup buttered bread crumbs. Wash pepper, remove seeds and cut in fine strips. Chop onion fine and cook with pepper and butter for 5 minutes. Stir constantly. Add flour, seasonings and milk. Bring to boiling point. Add corn, baking powder, egg well beaten and soft bread crumbs. Mix and put in greased baking dish, cover with buttered crumbs and bake in moderate oven 30 minutes. Serve hot as vegetable. Sufficient for four persons.

MRS. G. B. DILLON.

**STUFFED BAKED TOMATOES:** 6 medium sized tomatoes, 1 lb. round steak ground, 1 stalk celery (this may be omitted), 1 small slice onion, sprig of parsley. Cut thin lid from tomatoes and carefully scoop out the inside, making a cup. Grind all the other ingredients together, season, add 5 tablespoons of the tomato and 3 tablespoons bread crumbs. Mix well, stuff tomato cups and put on the lids. Bake in a pie plate or open casserole with 1 inch of water in the bottom, for 30 minutes. This may be made in any desired amount by using more or less tomatoes and meat. Serves 6.

MRS. RALPH.

**BAKED POTATOES AND CHEESE:** 6 large baked potatoes, 1/3 cup hot milk, 2 teaspoons salt, 1/4 lb. cheese (rub through the grater), 1/8 teaspoon paprika. Cut potatoes in half lengthwise and scoop out centers. Mash thoroughly. Add cheese to hot milk, and beat with egg beater until smooth. Mix with potatoes, add seasonings and whip until light and creamy. Refill potato shells and bake in hot oven for 10 minutes.

MRS. TRAUGER.

**CREAMED CAULIFLOWER:** Cook cauliflower a little, drain, and in a baking dish, put a layer of cauliflower, a layer of cheese and cracker crumbs, and repeat several times. Pour over the top some white sauce. Bake.

MRS. RAMSEY.

**CANDIED SWEET POTATOES:** Select medium sized sweet potatoes and boil until tender. Remove the skins, and cut in halves lengthwise. Brown in skillet in Crisco and butter. When browned on both sides, turn fire very low and put an asbestos mat under skillet. Sprinkle 1/2 cup brown sugar over potatoes and add small bits of butter. Put tight cover on skillet and let set for 20 minutes.

MRS. L. H. KENNEDY.

**SALMON AND TOMATO:** 1 can salmon, 1 cup stewed tomatoes, 1 tablespoon melted butter, 1/4 teaspoon butter, 1/8 teaspoon pepper, 1/2 teaspoon baking powder. Remove all bone and skin and flake salmon. Mix in other ingredients, turn in a baking dish, put buttered bread crumbs on top and bake in a moderate oven 20 minutes. One can of tomato soup may be used instead of stewed tomatoes. Sufficient for six persons.

MRS. G. B. DILLON.

**BAKED ASPARAGUS:** 2 bunches fresh asparagus or 1 lb. can of canned asparagus, 2 tablespoons butter, 2 tablespoons flour, 2 cups milk, 1/4 cup grated cheese, 1/8 teaspoon pepper, 1 cup soft bread crumbs, 4 hard cooked eggs, 1 teaspoon salt. Boil asparagus until tender, drain and cut in 1/4-inch pieces. Make a sauce of the butter, flour, milk and seasonings and crumbs. Put a layer of asparagus in the bottom of a baking dish, add sauce and hard cooked eggs chopped, repeating until dish is filled. Sprinkle with dried buttered crumbs mixed with cheese and bake about 20 minutes in a moderate oven.

MRS. E. H. RALPH.

**CORN AND TOMATOES BAKED:** 2 cups corn, 2 tablespoons minced onion, 6 small tomatoes, 1 tablespoon butter, 1/2 cup bread crumbs, 1 teaspoon salt, 1/8 teaspoon pepper. Peel tomatoes and cut into small pieces. In frying pan brown onions and then cook tomatoes 10 minutes. Fry corn in separate pan. Combine and season and bake for 10 minutes at 400 degrees. Cover with bread crumbs.

MRS. C. P. SNYDER.

**TOMATOES AND CORN:** 1 can tomatoes, 1 can corn, 1/2 lb. salt pork. Grind salt pork, drain most of juice from tomatoes. Mix all ingredients together. Add seasonings. Bake in buttered casserole. Sprinkle buttered bread crumbs on top.

MRS. L. H. KENNEDY.

**NUT SWEET POTATOES:** Place layers in a baking dish of cooked sweet potatoes, and  $\frac{1}{2}$  as many sliced raw apples with sugar and chopped hazel nuts. Dot liberally with butter and top with buttered crumbs and nuts. Bake in rather hot oven.

MRS. KERR.

**POLISH BEETS:** Chop a 10c piece of salt pork and fry brown. Dice cooked beets and add to pork. Add pepper, salt, 1 tablespoon flour, 1 small tablespoon sugar, and a little lemon juice. Heat thoroughly and serve.

MRS. RAMSEY.

**VOLCANO POTATOES:** Hot mashed potatoes, 1 tablespoon grated cheese, paprika. Make potato cones about 3 inches high and place in greased pie pan. In top of each cone, make a narrow deep indentation. Mix a tablespoon of grated cheese with a little salt and enough paprika to color it quite red, and fill each potato cone with this mixture. Sprinkle more cheese over cones and place in hot oven until cheese melts and covers sides of cones. This may be made in one large cone.

MRS. C. P. SNYDER.

**LYONNAISE POTATOES:** 2 tablespoons onion, 2 tablespoons butter, 1 cup cold boiled potatoes, cut in  $\frac{1}{2}$ -inch cubes,  $\frac{1}{4}$  teaspoon paprika,  $\frac{1}{2}$  teaspoon salt, 1 teaspoon chopped parsley. Place 1 tablespoon butter in frying pan and when hot add onion. Let onion cook until it is brown. Add salt and parsley, the rest of the butter, the potatoes and paprika. Stir well. Cook until potatoes are well browned.

MRS. L. W. McKEE.

**CANNED CORN AND CHIPPED BEEF:** Chop  $\frac{1}{2}$  pound of chipped beef fine, add 1 cup of corn and 1 cup of milk,  $\frac{1}{8}$  teaspoon pepper. Pour into greased casserole, cover with one cup of crumbs mixed with 2 tablespoons melted butter. Bake 350 degrees thirty minutes.

MRS. S. ALEXANDER.

**FRIED SUMMER SQUASH:** Wash squash and slice thin, put in hot frying pan, with tablespoon Crisco or butter, sprinkle with sugar, a little salt and pepper. Cover and cook until tender.

MRS. RAMSEY.

**SCALLOPED CORN:** Arrange 2 cups of corn, 3 cups of tomatoes, 4 onions, in 6 layers in greased casserole, sprinkle each layer with salt, pepper and bits of chopped green pepper. Dot the top with tablespoon butter. Bake 350 degrees F. 30 minutes.

MRS. S. ALEXANDER.

**STRING BEANS AU GRATIN:** Wash 1 pound green beans, string and shred, arrange  $\frac{1}{3}$  of the beans in a greased casserole; sprinkle with salt and pepper and  $\frac{1}{4}$  cup of grated cheese. Continue using the  $\frac{1}{3}$  of beans and  $\frac{1}{4}$  of grated cheese on each layer. Pour 1 cup top milk into one side of dish. Bake 350 degrees F. for 75 minutes.

MRS. S. ALEXANDER.

**SCALLOPED SWEET POTATOES AND APPLES:** Parboil sweet potatoes in skins, after paring, cut in  $\frac{1}{2}$  inch slices crosswise and arrange in layers with sliced cooking apples, white or brown sugar and butter dotted on each layer. Add water to steam and bake in a covered dish.

MRS. S. ALEXANDER.

**FRIED GREEN TOMATOES:** Select solid green tomatoes, wash and slice  $\frac{1}{3}$  inch thick. Dip each slice in beaten egg, which has 1 tablespoon of water added to it, then dip in dry bread crumbs, which have salt and pepper added to them. Fry in butter in skillet until tender and brown on both sides. This is nice served with a roast.

MRS. L. H. KENNEDY.

**EGG PLANT A LA CREOLE:** Peel egg plant and dice large. Cover with clear cold water and bring to a boil. Then drain and add a little salt and enough fresh water to cook nearly soft. When nearly soft and still hot, add hot tomato sauce and simmer till soft or put in fireless cooker. Let stand awhile to mellow before serving.

**TOMATO SAUCE:** Fry some sliced bacon, then drain the bacon and use the fat to fry some onion, stirring all the time. Fry until golden brown and soft. At the same time have tomatoes with a little sweet pepper or chili pepper, simmering. Crush the bacon very small, add to the tomatoes, and then add the fried onion while hot. Be sure the tomatoes and onions are both hot when they are put together.

MRS. CALHOUN.

**BAKED PARSNIPS:** Boil parsnips until soft. Drain off water and mash smooth. Season with salt and pepper and turn into a small buttered baking dish. Cover with rolled crackers and pieces of butter. Brown in hot oven.

MRS. CALHOUN.

**CANDIED SWEET POTATOES:** Boil sweet potatoes with skins on. When done, remove skins and slice potatoes into 1 inch slices. Place in a hot skillet which contains  $\frac{1}{2}$  cup dissolved white sugar. Turn potatoes while browning.

MRS. C. P. SNYDER.

## WEIGHTS AND MEASURES

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Ounce of granulated sugar equals two level tablespoonfuls.  
Ounce of flour equals four level tablespoonfuls.  
Ounce of butter equals two level teaspoonfuls.  
Ounce of ground coffee equals five level tablespoonfuls.  
Ounce of cornstarch equals three level tablespoonfuls.  
Ounce of thyme equals eight level tablespoonfuls.  
Ounce of grated chocolate equals three level tablespoonfuls.  
Ounce of pepper equals four level tablespoonfuls.  
Ounce of salt equals two level tablespoonfuls.  
Ounce of mustard equals four level tablespoonfuls.  
Ounce of cinnamon equals four level tablespoonfuls.  
Ounce of mace equals four level tablespoonfuls.  
Ounce of curry equals four level tablespoonfuls.  
Ounce of chopped suet equals four tablespoonfuls.  
Ounce of olive oil equals two tablespoonfuls.  
3 teaspoons equals 1 tablespoon.  
16 tablespoons equals 1 cup.  
4 cups equals 1 quart.  
4 quarts equals 1 gallon.  
8 quarts equals 1 peck.  
4 pecks equals 1 bushel.  
16 ounces equals 1 pound.  
2 tablespoons butter equals 1 ounce.  
2 cups butter or lard equals 1 pound.  
2 tablespoons sugar equals 1 ounce.  
2  $\frac{2}{3}$  cups powdered sugar equals 1 pound.  
2 cups granulated sugar equals 1 pound.  
2  $\frac{2}{3}$  cups brown sugar equals 1 pound.  
4 tablespoons flour equals 1 ounce.  
4 cups flour equals 1 pound.  
5 $\frac{1}{4}$  cups coffee equals 1 pound.  
2 quarts of tea equals 1 pound.  
8 egg whites equals 1 cup.  
16 egg yolks equals 1 cup.

## HOUSEHOLD SAVING HINTS

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**Prevent Fruit From Gathering Mold:** Place a box of lime in the closet in which jams, preserves, etc., are stored away. It will prevent mold from gathering on the fruit.

**Time Table for Roasts:** Beef, sirloin, rare, 8 to 10 minutes per pound. Beef, sirloin, well done, 12 to 15 minutes per pound. Beef, rolled, rib or rump, 12 to 15 minutes per pound. Turkey, 20 minutes per pound. Goose, 18 to 20 minutes per pound. Chicken, 1 to 1½ hours, 3 to 4 pounds weight. Duck, 1 hour. Mutton, well done, 15 minutes per pound. Veal, well done, 20 minutes per pound. Lamb, well done, 15 minutes per pound. Pork, well done, 30 minutes per pound.

**Clogging of Salt Cellar With Dampness:** A little corn starch mixed with salt will keep it from clogging with dampness. A few grains of rice can be mixed with salt in shakers for the same purpose.

**Remove Onion Odor From Hands:** Rub them with salt and wash in cold water.

**Stringing Beans:** Plunge them in boiling water for three minutes, then every bit of the string can be easily removed.

**Poached Eggs:** When poaching eggs add a little vinegar to the water, besides salt. This sets the eggs and keeps them in good shape.

**Mixing Fudge:** When mixing fudge put teaspoon of flour in milk and mix well. The fudge will be more creamy and stay soft.

**Baking Whole Fish:** If it is laid upon a piece of greased cotton cloth and then placed in pan and baked, it can be removed easily and slipped from cloth to platter.

**Meaning of French Cookery Terms:** Aspic—Savory jelly for cold dishes. Au Gratin—Dishes prepared with sauce and crumbs and baked. Bouchees—Very thin patties or cakes. Baba—A peculiar French sweet yeast cake. Bechamel—A rich wine sauce made with stock. Bisque—A white soup made of shellfish. Bouillon—A clear soup stronger than broth but not as strong as consommé. Braise—Meat cooked in a closely covered pan, so that it retains its flavor. Breacher—A rich, unsweetened French cake.

**Pointers in Baking:** When oven is too hot at first, a crust will form on the cake and prevent its raising. It is best to have the oven a little slow at first, then increase the heat after ten minutes. Baking powder biscuits should be baked in a very quick oven, as hot as possible without burning the biscuits. One that will brown a piece of white paper in one minute is none too hot.

**The Term "Folding" in Recipes:** The term "folding" used in recipes means the cutting down and lifting up of the mixture in such a way as to distribute it as little as possible.

**Absorbing Grease While Frying Doughnuts:** Put a raw potato in the fat while frying doughnuts, as it will soak up grease and keep doughnuts from soaking it.

**Prevent Pie From Becoming Soggy:** To prevent the under crust from becoming soggy, as it will when baked with juicy fillings, mix half the sugar you intend to use in filling with an equal amount of flour, and sprinkle on under crust before you bake.

**Lemon Juice:** Before squeezing lemons heat them thoroughly and you will obtain nearly double the quantity of juice.

**Keeping Cheese:** To prevent cheese getting mouldy, wrap it in a cloth that has been dipped in vinegar and wrung as dry as possible. Keep in a cool place.

**Flavor in Garden Peas Shells:** The shells of the garden pea have such excellent flavor in them, and it is a mistake to allow them to go to waste. They may be boiled by themselves to make a soup or to improve the flavor of other soups, or they may be boiled until well wilted and then removed from the water, after which the peas themselves may be boiled in the same water. In the latter case, make any pea dish, and the result is sure to surprise and please any housewife who has been in the habit of not using the pods.

**Remove Salty Taste in Gravy:** A pinch of brown sugar will take away the salty taste.

**A Pickling Hint:** In putting up pickles, horseradish is called for. If no fresh root is to be obtained, use the seeds of a green pepper instead. This will give them a good flavor. Seeds of one big pepper will be sufficient for two hundred medium pickles.

**White Oilcloth on Cupboard Shelves:** Tack white oilcloth on cupboard shelves where you keep your grocery supply. You can easily move things and wipe with a damp cloth, and it is always clean.

**How to Sharpen Your Meat Grinder:** Grind a piece of scouring brick through the chopper and see how well it sharpens and also polishes it.

**Egg Stains on Silver:** Rub silver spoons which have been stained by eggs with a little table salt.

**To Clean Aluminum:** Do not use any powder that will scratch the aluminum. Try wetting a cloth in kerosene and rubbing the stains with this, then wash off thoroughly with soap and water. Or clean with a paste of whiting, then wash and dry. Lemon juice dropped on a cloth and rubbed on dark places in aluminum pans will remove same.

**Prevent Cracking Glass Dishes:** To prevent glass dishes from cracking when pouring in a hot mixture, place a dish on a hot cloth.

**Cleaning the Garbage Container:** A garbage container should be made of such material that sterilization is possible. Galvanized iron is commonly used. The can should be thoroughly cleansed and scalded with a hot soda solution at least once a week, and especially in hot weather chloride of lime or other suitable disinfectant should be used liberally.

**To Clean Jewelry:** A teaspoonful of ammonia to a teacup of water, applied with a rag, will clean silver and gold jewelry perfectly.

**Cleaning Ivory Handles:** Ivory handles that have become blackened may be cleaned by rubbing them with lemon dipped in salt. Stained enameled pans can also be cleaned by rubbing them with coarse sand and lemon pulp.

**Cleaner for Painted Walls:** Dissolve two ounces of borax in two quarts of water and add one tablespoon ammonia. Use half this quantity to each bucket of water; do not use soap. Wash a small amount of the paint at a time and rub dry with a clean rag.

**White Spots on Dark Mission Furniture:** Clear olive oil will remove all white spots and make it look just like new. It is good for any dark furniture.

**To Polish Woodwork and Furniture:** The wood trim of a room, as well as furniture, will take on a soft polished look if rubbed occasionally with a mixture of two parts of linseed oil and one of turpentine. Apply with a woolen cloth. The oil "feeds" the wood and helps to preserve it.

**Sweeping a Dusty Carpet:** To sweep a carpet without raising a dust and at the same time brighten the colors, add a half cupful of gasoline to a pail of water and dampen the broom with it.

**Sweeping the Room:** Before sweeping a room scatter over the floor small bits of newspaper dampened in water, to which a spoonful of borax and one of ammonia have been added. This will both lessen the dust and brighten and disinfect your carpet or rugs.

**For Cleaning Tan Shoes:** Rub shoe with powdered pumice stone before shining. It will remove almost every mark or stain.

**To Clean White Kid Shoes:** Make a smooth, thin paste of flour and benzine and apply with a brush. When done place outside to air, and when dry brush with a cloth. Your shoes will be like new.

**Renovating a Felt Hat:** Use a fine grade of emery paper and you will obtain beautiful results.

**Restore Black Goods and Hats to Natural Color:** The solution is a simple one and consists in sponging the article or garment thoroughly with alcohol. This process will not injure the most delicate fabric and it will emerge from the bath looking like new.

**Laundry Aid:** If you wish your table linen to look nice, do not put it through the wringer, as it makes creases that will not come out even if the cloth is ironed when very damp. In fact, any clothes that you wish to look very nice when ironed will be better if they are wrung by hand.

**To Whiten Fabrics That Have Become Yellow:** After washing let soak over night in a tub of clear water, to which is added a teaspoonful of cream of tartar. When ironed they will be a pure white.

**To Shrink Fabrics:** Soak them well in water, allowing them to stand until every thread is saturated and dry without much wringing—that is, hang them on the line when dripping wet. When dry they may be sprinkled and ironed in the usual way, or they may be pressed before quite dry.

**Keep Colored Wash Goods From Fading:** Soak it over night in a solution of sugar of lead and water, allowing an ounce of the former to two gallons of the latter.

**For Mildew:** Take soft soap, rub well on all the mildewed spots, then sprinkle thick with salt and rub in with the soap; lay on the grass in the sun. It will all bleach out. If home-made soap cannot be had, dissolve a cake of laundry soap in a little hot water so it will be like soft soap. This will not injure any white goods.



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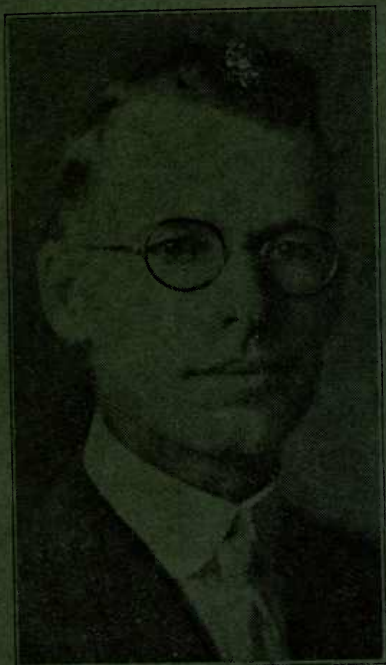
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